PROTECT YOURSELF

THE SECRET OF UNARMED DEFENSE

by

BROOKS MENDELL

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NEW *YORK*

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FOREWORD

Why is it that, in the battles of this war, men who have been reared in the ways of peace are proving themselves, individually, masters of men who have behind them centuries of warlike tradition and years of specific training for war? An important part of the answer is their secret weapon—self-knowledge and self-confidence — which can be yours too. It is a knowledge which will enable you to perform feats you would never have thought possible.

In perfecting this system of self-defense in hand-to-hand combat, it has been the writer's goal to make available to anyone a simple set of defense measures designed to be used in any emergency where one's person is in danger of physical assault. Fully explained both in pictures and words in the pages of this book, these holds and throws enable you to protect yourself from the tricks of jujitsu, judo, mugging, and all forms of physical attack. It is a simple and direct science—a matter of knowing how your muscles and joints work, of understanding the vital relation between movement and balance, of knowing what your opponent's weak points are and what your own strong points are. And there is something more, when you have mastered this system—a confidence that comes to you with the knowledge that you have developed a set of mind-directed reflexes that will protect you, even in situations where ordinarily you would not have time to "think" what to do next. The limitations of right- and left-handedness can be ignored, and even the advantage your opponent may sometimes have in strength and size. The old adage—"In knowledge is strength"—was never more accurately applied than to the art of easy, effective self-defense in action.

The men of our armed forces are all thoroughly grounded in ways of protecting themselves without the aid of weapons—it may mean the difference between life and death to them. But the principles upon which this system is based work equally well in games and bodily-contact sports of all kinds. Those who are not good at group play or individual contests, who feel themselves physically inadequate and develop a feeling of inferiority because of their lack of proficiency, can gain a new confidence when they learn to make use of their own potentialities. In any situation fear—and shyness or lack of confidence are only forms of fear—dulls the mind, drains strength from the body, and interferes with the functioning of vital organs, thereby making a person unfit to meet an emergency when it arises. It is fear, in its various forms, which is responsible for the majority of failures and misfits in life. The knowledge that one possesses an unseen power that makes him any man's superior, regardless of size or strength, is a vital tonic which reacts upon a man's whole being by releasing him from fear. He finds himself, consequently, better able to adapt himself to his entire environment.

Training of this kind can be used with great benefit to aid all physically incapacitated persons in regaining their self-reliance and self-respect, along with the use of their muscles. It is an excellent way to teach boys and girls "body-consciousness", bodily control and poise. In acquiring "body-consciousness"—the awareness of the full physical potentials of a body which is directed by a mind free from fear—the child also gains a mental balance and an understanding of the meaning of sportmanship that come from perfect confidence in one's ability to meet and deal with any situation. Though this book is primarily designed to explain the physical aspects of this system, a short outline will be found on pages 91 to 96 of its uses in the field of education.

All the members of the family can, and should, practice together. Women are learning as well as men, and Mother and Son will be able to get as much out of this system as Father. It will all be in fun, of course, yet with a few minutes' practice a day invaluable skill will be acquired.

Brute strength alone will not suffice against this new science, any more than will the tricks of jujitsu and judo. Any man, woman, or child, properly trained, is a match for a muscle-bound bruiser. It is now literally possible for brains to best brawn.

B. M.

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BROOKS MENDELL

The system of defense in hand-to-hand encounter that you will learn from the following pages has **been** developed through trial and error over a period of twenty-five years, beginning in the author's early youth. It grew from the realization that self-confidence, which should be acquired in childhood, is an all-important •factor in later-life relationships, and that confidence in one's bodily control, as first evidenced in childhood games and group sports, is of great importance in the development of that self-reliance. This system may be paced and adapted to many uses—by men, women, and children of any age. It is basically an education for living, not for fighting.

DEFENSE—
AGAINST MUGGING

1. The mugger uses a vicious **back** strangle to overcome his victims.

ATTACKS YOU MAY MEET AND OVERCOME

DEFENSE
AGAINST JAP STRANGLE

2. The dangerous Japanese strangle formerly considered fatal.

DEFENSE—
AGAINST A KNIFE

1. It takes more than nerve to meet cold steel with bare hands.

WITH TRAINING AND CONFIDENCE

DEFENSE—
AGAINST A CLUB

2. A club is no more to be feared than a fist—if seen in time!

DEFENSE—
AGAINST BOXER

1. Outmaneuvering the fist-fighter.

DEFENSE—
AGAINST KICK

2. Returning the vicious kick with interest.

DEFENSE—
AGAINST KNEE

3. The crippling groin kick—thwarted.

SURPRISE,
PRECISION,
TIMING,
MAKE
SELF-
PROTECTION
EASY

DEFENSE—
AGAINST JUGULAR STRANGLE

1. A precarious situation—but not quite hopeless.

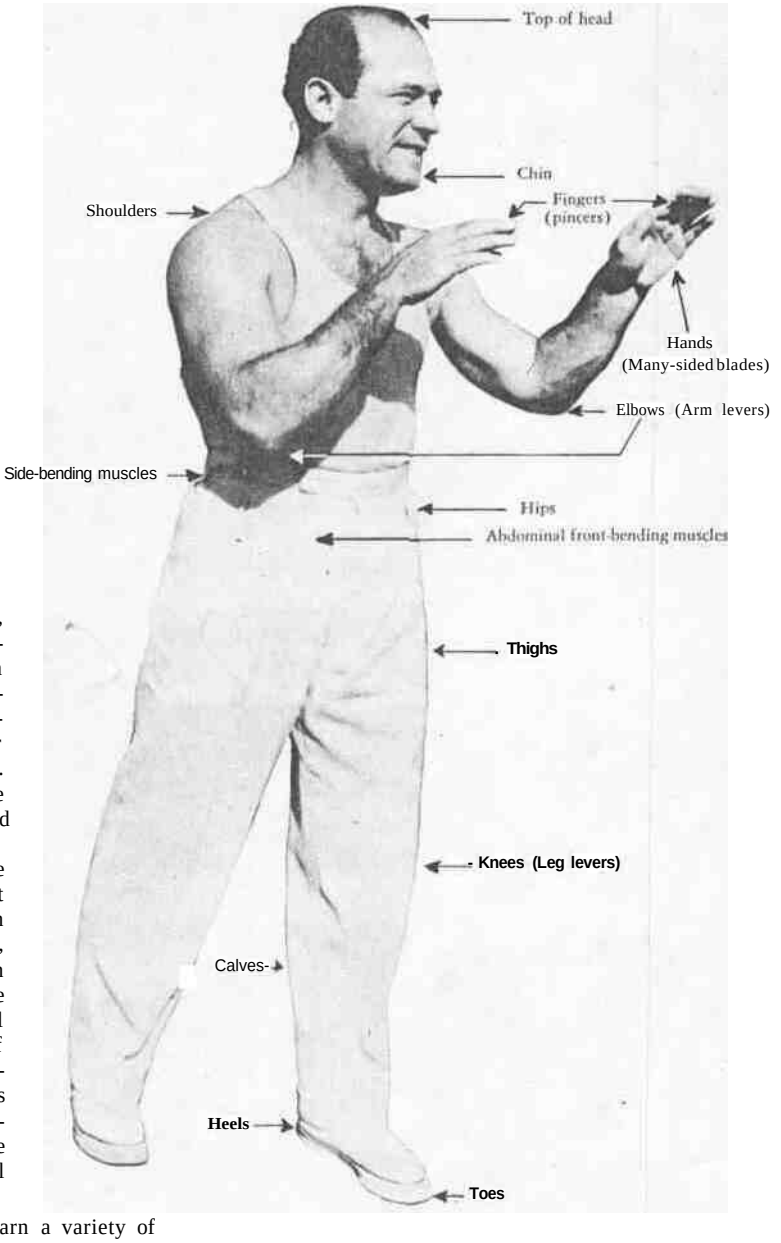
DEFENSE—
AGAINST ATTACK FROM REAR

2. Looks impossible, yet it isn't. An attacker's strength and size can be used against him.

DEFENSE—
AGAINST UNWELCOME ATTENTION

3. The girl is more surprised than the man! With leverage alone she throws an attacker twice her size and weight.

ON GUARD



With left leg advanced, arms raised, and palms open, Brooks Mendell's appearance says better than words, "I'm not looking for trouble—let's be reasonable." Yet he is in the strongest possible position for defense ready for whatever move an aggressor may make. He is poised, calm, and master of the situation, though he may be out-matched in skill, weight, and size.

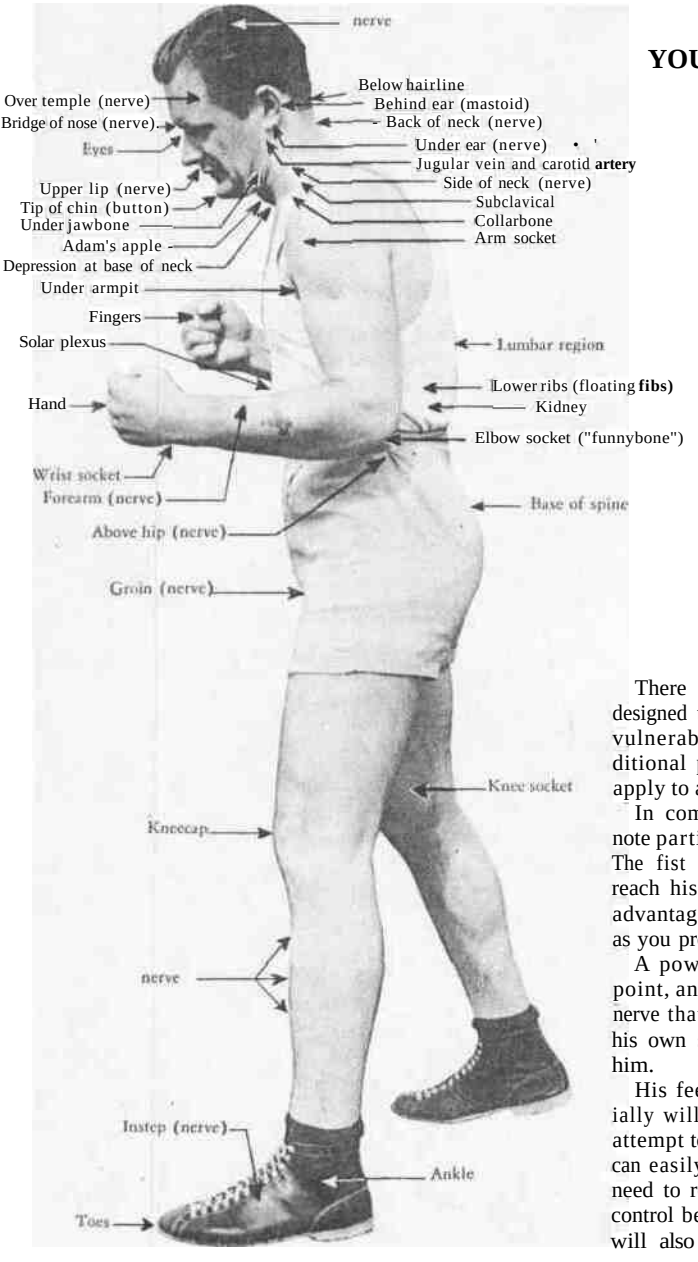
This position is the perfect defense attitude. Every part of the body is set naturally to meet and outmaneuver an attacker, whether he tries to use fists, hands, arms, or feet. And even though he is armed with a knife or club, the advantage may still be yours. You will be poised to sidestep or sway out of range of the most headlong and desperate attack—and, as your attacker is momentarily thwarted, he will be unable to protect all of his vulnerable points; if you know what to do, he will soon be at your mercy.

In the following pages you will learn a variety of defense tactics, simple yet highly effective, designed to meet and overcome any form of expected or surprise attack. When you have mastered them, the secret weapon will be yours.

Remember—your body is an Arsenal of Defense in Action.

DEFENSE—BUT NOT DEFIANCE!

YOUR ATTACKER'S WEAK SPOTS



There is a special weapon at your instant command designed to reach and inflict punishment on all of these vulnerable points. For the sake of comparison the traditional pose of the fighter is shown, but the vital spots apply to any adversary.

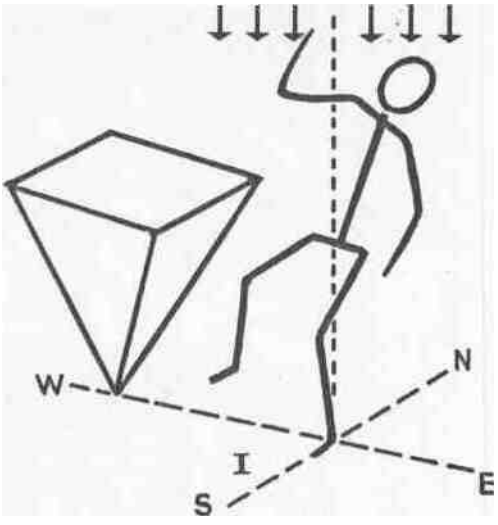
In comparing this picture with the one on page20, note particularly the position of the right hands in both. The fist of the fighter has to travel much farther to reach his opponent. The comparative weaknesses and advantages of these stances will become more apparent as you proceed through these pages.

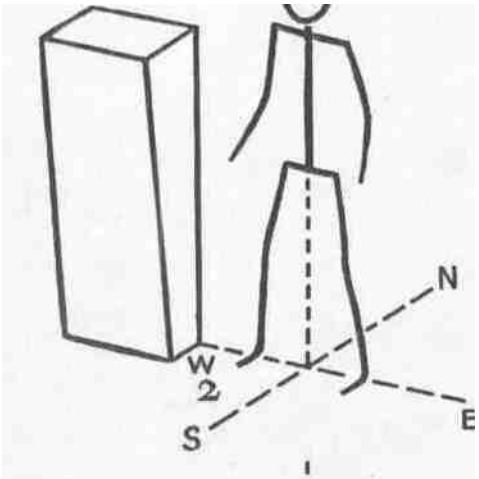
A powerful attacker is no stronger than his weakest point, and, as shown above, he has many of them. Every nerve that can be reached, every joint of his body—even his own strength and momentum—can be used against him.

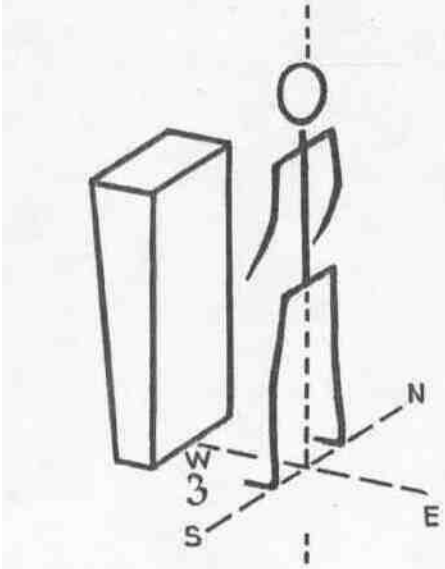
His feeling of confidence in superior strength especially will work to your advantage, for he will probably attempt to overcome you first by direct blows which you can easily parry. This will give you the opportunity you need to reach his vulnerable spots and get him under control before he can reorganize his plan of attack. You will also have the element of surprise in your favor.

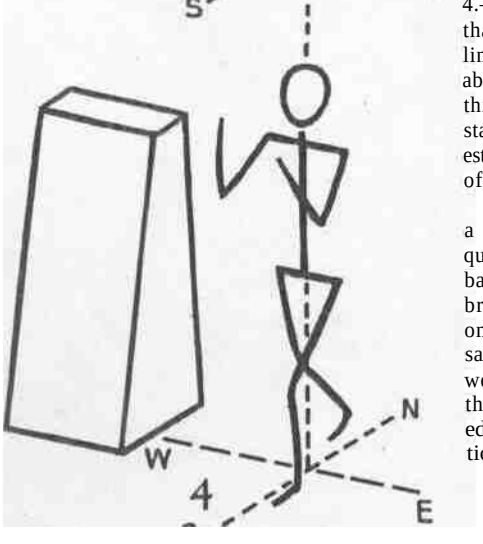
STRENGTH, WEIGHT AND SIZE —BUT NO ADVANTAGE!

GRAVITY









BODY DYNAMICS

A cone or pyramid may have stability, and a man standing still has stability if he is well balanced. A man walking on his two legs has momentum, but no stability. Walking is an act of balancing, and is accomplished only by resisting the force of gravity. Once the body's balance is even slightly disturbed it becomes necessary to expend energy to resist the pull of gravity in order to prevent falling. This is the basic principle of body dynamics.

1. Standing upon one leg, a man is entirely lacking in stability, **and** can balance himself only precariously and with effort.

2. A man standing with his two feet spread apart in the normal standing position, directly on line WE, is more stable, but the least pressure either in front or behind, and over his center of gravity—on a line with his navel—will throw him completely **off** balance and force him to move his feet to keep from falling.

3. Standing **with his feet directly on line** NS **does not increase** his stability—

4.—but let him face left so that his feet are paralleling line NS and he has considerably greater stability. It is this position, the "on guard" stance which offers the greatest defensive protection or offensive advantage.

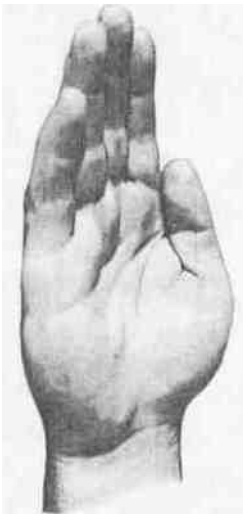
Where greater force than a slight pull or push is required to throw a person off balance, the lever principle is brought into play. Here, you only need to start your adversary in motion. His own weight and momentum do the rest. Every boy has proved this to his entire satisfaction.

BALANCE

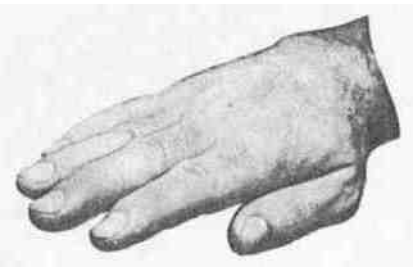
Standing upright—balance—is an acquired art. Unless properly balanced, a person's stability is easily upset **by** causing his center of gravity to change.

1. When a man is standing relaxed, or taken unawares when in motion, the pressure of a single finger applied above the center of gravity will throw him off balance. The taller he is, the farther his center of gravity is from the ground, the less force is required.
2. A two-finger forward pull requires the application of a little more force.
3. A slight pull at your opponent's elbow or wrist, over your extended leg used as a fulcrum, will throw him to the side.

Remember that an attacker is always off balance at some time as he makes the assault. Keep these three angles in mind. One of them may save your life.



1. Held firmly, the edge below the little finger may be used as a cleaver or hatchet on a down stroke, or by swinging it to the outside. It becomes a saber when making *a.* down sweep from the outside.



2. The tips of the fingers, held rigid and with the palm or the hand down, become a lance to the throat, neck. eyes, and other vital points. With palm up they may be thrust into the soft muscles of the stomach.

3. The inside of the hand may become a **close-range** defensive weapon to parry **and block.**

4. Thumb and fingers, when used properly, are levers, pincers, and wrenches against vulnerable spots such as nerve centers.

THE HAND

The fist, contrary to a traditional belief, is only one of the many weapons at: our disposal for self-protection. Nor is it by any means the most effective. Besides the fist, or bludgeon, the hand may become a hatchet, lance, club, pike, saber, or cleaver.

5. The heel of the band is backed by the full weight and strength of the body where power and leverage are demanded.

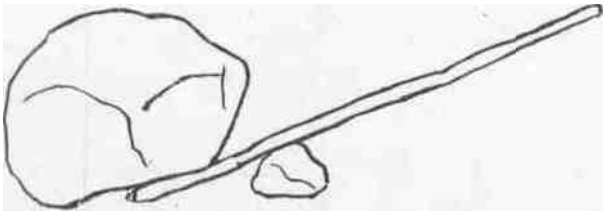
6. Bent knuckles form a blunted lance which, if accompanied by a corkscrew twist and supported by the arm and shoulder muscles, is much more effective than the —•

7. fist **in reaching certain vulnerable** spots. **With this** time-honored weapon, **there** must he perfect coordination and timing, **bucked** up **by** the full momentum of **the** body. **if** a specific target is to **be** reached. **The** slightest shift or movement of the opponent's **body causes the blow** to **miss the** target. Since **the attacker's body must be set before the blow is started, once under way its course cannot be changed without losing most of its effective power.**

BODY LEVERS AND WEDGES

The principle of the lever is the basis of many of the methods shown in these pages. We are all familiar with the use of a bar resting over some object, such as a stone, to pry up another stone of great weight which could not otherwise be budged. Fingers, hands, and legs can all play their part as levers in overcoming the greater weight and strength of an antagonist with the minimum of effort on your part—if they are used correctly.

1. Here is a double-finger lever, with each thumb acting as the fulcrum.
2. In this hand lever, the fingers act as a vise, with the wrist as the fulcrum.
3. The arm lever is produced by a forearm fulcrum and downward pressure from the other hand, against the hinge action of the trapped arm. (Fingers, knees, and elbows all have the limited action of a hinge, and force applied against this action can easily snap the bone.)
4. This leg lever shows a thigh as the fulcrum with the other leg applying the pressure against the hinge action of the ankle and knee.
5. Combination lever and lock, applied by one arm using the other as a fulcrum, against the hinge action of wrist and elbow.
6. The wedge, formed by hands and forearms, is another fundamental mechanical principle- For an upward sweep, it is used to break an attacker's grip on your neck.



This diagram showing the fulcrum and the action of the lever applies in principle to most of these pictures.

DEFENSE AGAINST THE CLUTCHING HAND

1. Remember that you are not looking for trouble. Your whole bearing should be one of "Now, let's settle this peacefully—1 don't want to make trouble."
2. If your adversary grasps your arm, merely drop your hand over his and reach under with your other hand.
3. Join your two hands and pull upward and inward. This will force his knees to buckle, in order to relieve the pressure, and he will try to release his hold; but he will be at your mercy. (See page 76, figures 1 and 2 for wrist grasp.)

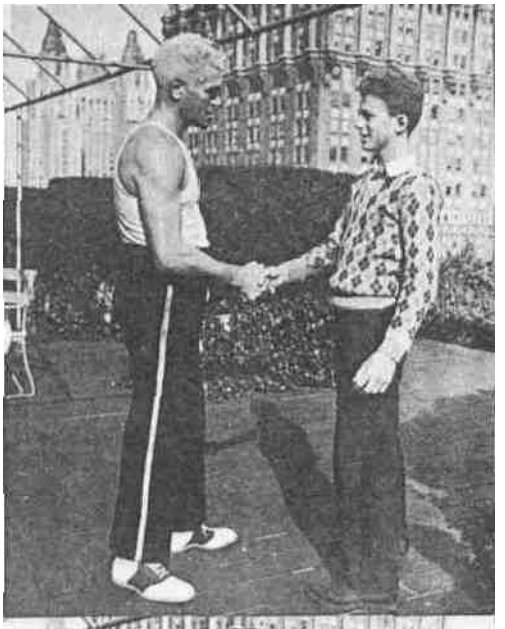
DEFENSE AGAINST ARMPIT NERVE PINCH

1. Pressure of thumb against exposed nerve on underarm below armpit is very painful.
2. To break this hold, grasp the top of the offending arm, lock your opponent's hand in the crook of your elbow, and press down.
3. Join your hands and press downward with both, bending forward as your hands pull against each other and toward your body.

SHOWING UP DAD

1. Start with a regular handshake, then proceed to show Dad that he is no match for his son.
2. Step forward with your right foot beyond Dad's right foot as you raise his arm, and slip under it. Keep a firm grip on his hand so that the hand and arm will turn.
5. Now complete the turn by stepping back with your left foot so that you are behind him and facing his back. With your left hand, grasp his left arm near his shoulder, at the same time forcing his bent right arm against his back.
4. Now all you need to do is hold his hand firmly against his back and hold onto his other arm to make him say, "Uncle!"
5. Here is how it looks from the back.

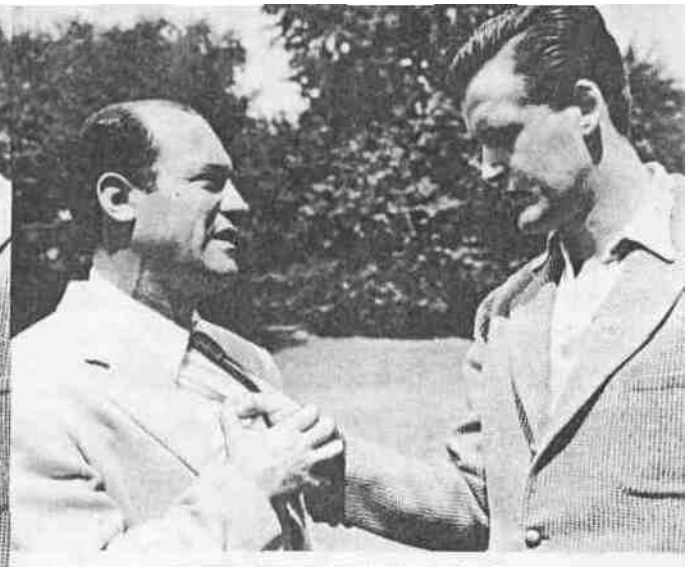
DAD DOESN'T HAVE A CHANCE



All right Dad, it's your turn to work the trick. **(Don't** look now, but Dad is in for another surprise.)

1. Dad is going to try it now, so he shakes your **hand.**
2. He steps forward and under your arm, just as you did with him.
5. But before he can turn your arm to your back, you step forward with your left foot and place the palm of your left hand cupped over his elbow.
4. Pushing upward and away with your left hand, and pulling down with your right, you force his arm into position. You can now pull it up behind his back, and Dad is trapped again.

Practice these simple holds to demonstrate the ease with which an adversary's strength can be neutralized and his bodily movements controlled. Take turns placing yourself on the "receiving end" and you will appreciate the slight pressure required to gain mastery over an opponent.



EFFECTIVE HAND GRIPS AND FINGER LEVERS

1. If someone's hand grasps your lapel or shirtfront with thumb pointing up, get under his thumb with your own, grasp his hand with your fingers, and press away from you to force his wrist down.

2. If the offending thumb is pointed down, apply a finger vise by pressing your opponent's thumb inward toward the palm of his hand and squeezing, with fingers placed as shown.

3. To break an intentionally painful handclasp, simply bend at the knees to feign great discomfort, slip your hand forward, and grip his thumb with your thumb and forefinger. Using your middle finger to form a lever against his wrist, push his thumb backwards towards his wrist.

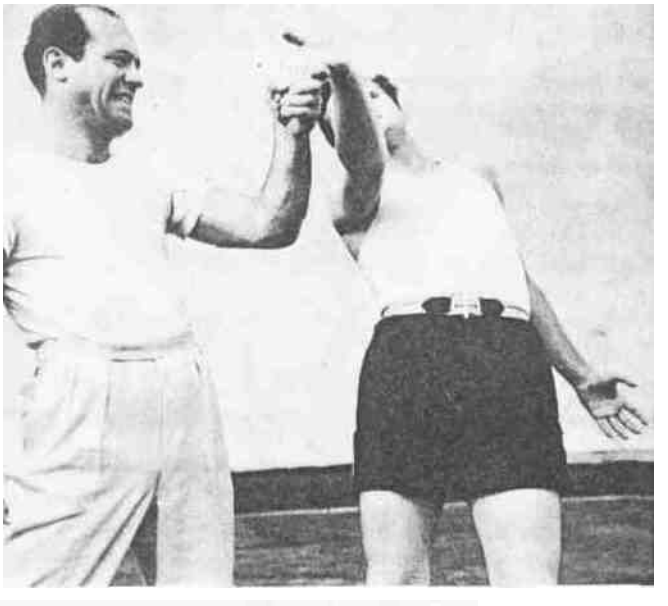
4. If an attacker presses one hand — say, his left — against your chest preparatory to striking you with the other, simply hold that hand firmly against your chest with your right hand—

5.—.bring up your left hand, bend forward, and press down on his wrist with both hands; he will lose all interest in hitting you with his right.

JUST IN FUN—

—or for that rare occasion when a deceptive handshake is intended to take advantage of you.

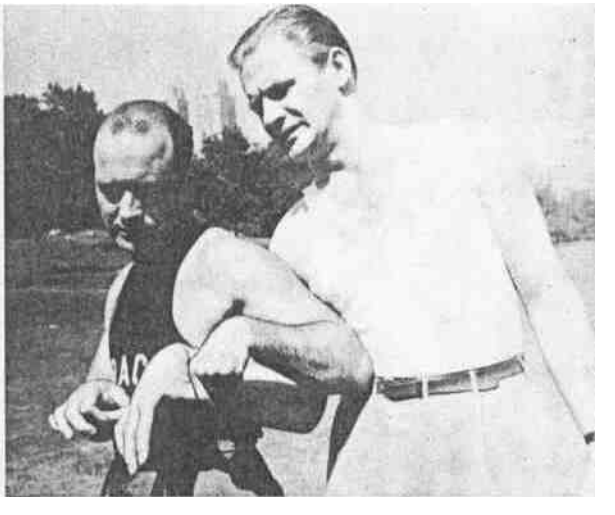
1. Bend slightly from the knees, going with the pressure.
2. Raise your opponent's right arm, quickly step under it.
5. Bring your left arm up as you straighten your body behind his arm.
4. Drop your bent left arm over his arm, locking the latter in your armpit, with the palm of your hand along his forearm or wrist. By pulling up with your right hand and dropping your left shoulder, you exert pressure on his taut elbow and have him in a vise. If he grabs your wrist, take his wrist and follow the same technique.



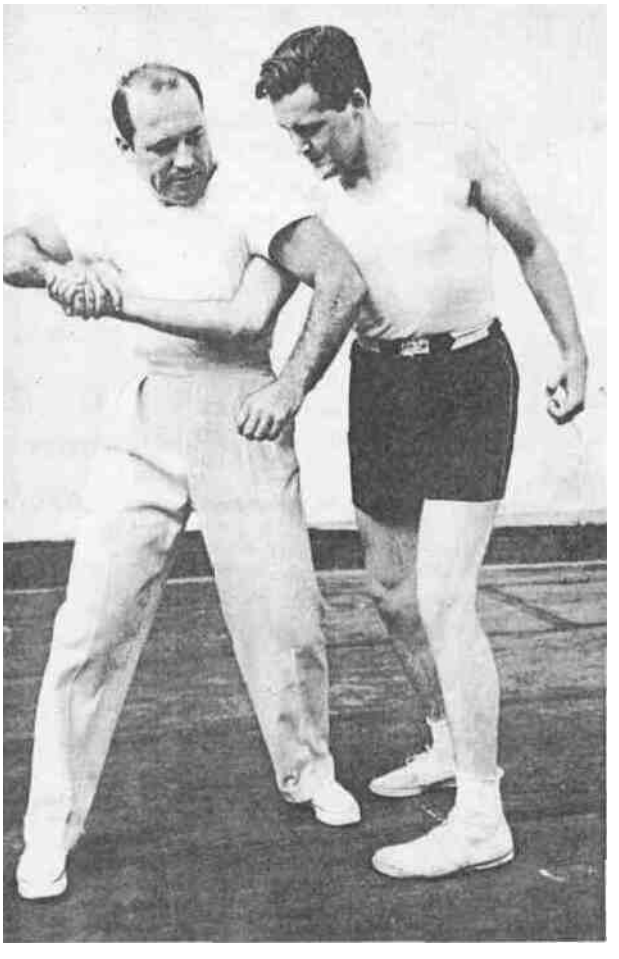
ANTICIPATING TROUBLE

1. Your entire bearing shows that you prefer to avoid trouble, but you remain on the alert. If the aggressor's hand—right or left—starts toward you, firmly grasp two or more fingers with your hand nearest him.
2. Turn his palm upward and force his fingers back toward his wrist. This will cause him to rise on his toes as you apply additional pressure by raising your elbow.
3. Greater leverage can be obtained in this hold by using your free hand to press up on Ins elbow at the nerve center. If this does not tame him, more drastic means are at your command, as shown elsewhere.

KEEPING THE ATTACKER UNDER CONTROL



1. Hold the attacker's wrist with your right hand and clamp his arm in your left armpit.
2. Grasp his fingers with your left hand and force them inward toward his wrist.
3. Apply leverage by pulling his thumb and fingers in opposite directions.
4. Another equally effective measure is the two-hand finger and thumb lever against his thumb and little finger, pressing down with your thumbs and pulling up with your forefingers.



MORE ABOUT HANDSHAKES

1. Starting from a handshake or when your hand or wrist is grasped, step forward quickly on your left foot and pivot to the right. As you do so, pull your adversary's arm straight out and downward, keeping it close to your body. Drop your left arm over his extended arm, holding the latter in your armpit.
2. By pushing downward with your right arm and reaching under his arm with your left hand you have him trapped in an elbow vise where you can now apply the necessary leverage.
3. By merely joining your hands or grasping your other wrist, you can convert this hold into a painful lock.

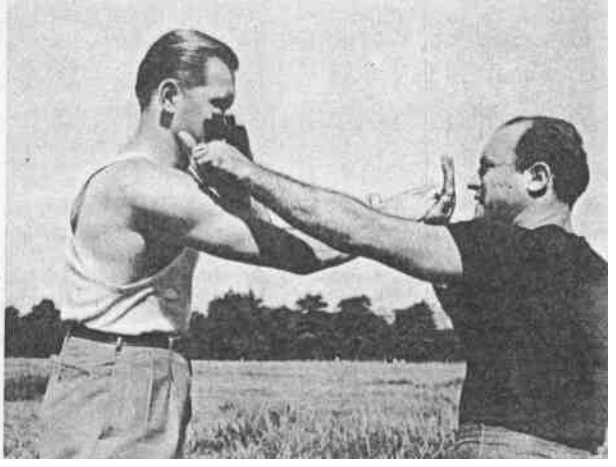
THE BREAKAWAY

When being forced to follow against your will, there are few holds from which you cannot escape.

1. Here your captor may think he has you under his control—but watch!
2. As you fall into step with him and catch the rhythm of his stride, suddenly feign great pain. As he stops and shifts his weight to his left leg, crash your right knee into the calf of that leg. He will be forced **to** release you as his knees bend to prevent a broken leg.

LAPEL AND ARM-LEVER HOLD

If an aggressive move is made to grasp your hand or wrist, here is another simple defense. Hold onto the aggressor's hand or grasp his wrist and reach under his extended arm. Take a firm grip high on his far lapel with your free hand. Pull down with your right arm, and painful pressure is applied to his captive arm. This technique may also be used to subdue **an intoxicated or** unruly person who is seated.



The typical cross-armed, open-handed position used by the Japanese is essentially defensive in nature, having been designed for defense first and offense second. Jujitsu, meaning "gentle art," is a sport. Judo, strictly Japanese, is a more advanced art embodying all the different systems of legendary jujitsu, which is supposed to have been originated by monks in ancient days. Judo was designed and has been developed to give a physically inferior people advantage in physical combat.

DEFENSE **AGAINST JUJITSU AND JUDO**

1. Here you see the Japanese and Mendell "on guard" positions. The following pictures illustrate the relative merits of each.

2. With the Jap's left arm held on the inside, an attempted left hook or straight punch would be blocked by his left arm as shown. His right hand could come forward to attack your face, in which case your right hand would block him.

3. If the Jap's right arm is on the inside, he would block a right-hand punch with his right and attack with his left. Here your open left hand is an effective block.

4. It should be noted that the judo approach is met in the same "on guard" position as all the others demonstrated in this book.

5. Study these last two pictures closely and you will see how easy it is to block either attack completely and have a hand free to reach the attacker's solar plexus.

HAND VERSUS FIST

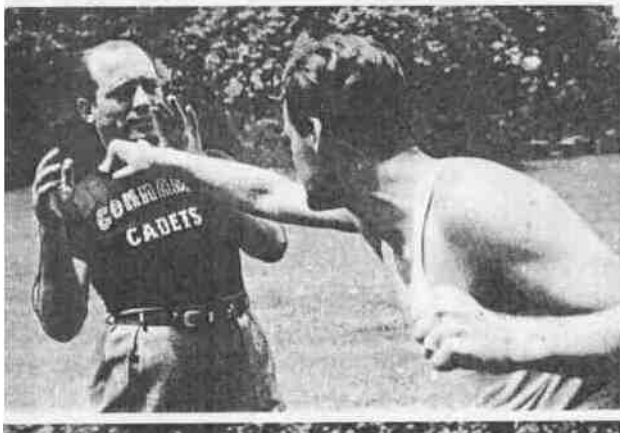
This demonstrates a basic principle: a straight line is the shortest distance between two points.

1. Since the boxer's fist has farther to travel than your left hand, the knuckles of your bent fingers reach his chin first. By giving an inward swing and twist of the wrist, the knuckles of your fingers fit into the notch on the side of his chin, jarring a sensitive nerve. Because of the shape of the hand in this position, much less force is required than if a fist is used.

2. Close-up showing the knuckles making contact—your opponent's momentum is working against him, adding greatly to the force of the blow.

3. This effective defense in action, straight lance thrust, is defensive and offensive at the same time. Practice it in front of a mirror by stepping forward with your left foot as you thrust your left hand forward and draw your right foot into position. Then repeat the forward arm action as you step back and away or to either side.

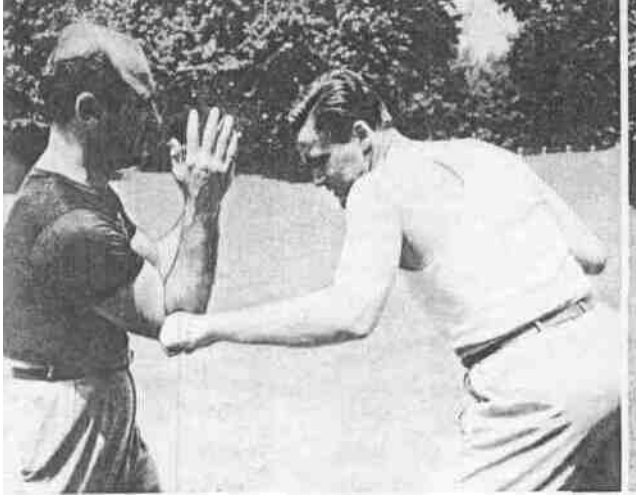
A tall person has an advantage if he uses his hands and legs to keep an adversary at arms length.



BLADE VERSUS BLUDGEON

1. Comparative positions: the boxer stands with his left arm extended and fists clenched; Mendell with body perfectly balanced, left foot forward, hands open to protect head, elbows down to protect body.
2. A left jab or straight punch to the chin is parried with the palm of the right hand, and the blow is diverted from its intended course. Mendell's open hand provides maximum surface for protection and gives greater control and power.
3. A left hook to the chin is blocked by the back of the right hand, which again diverts the blow from the target.
4. Parrying a straight right to the chin with the palm of the left hand. This is not meeting force with force, but merely diverting the blow from its intended target, which takes less strength and energy.
5. Blocking a right hook to the chin with the back of the left hand. The hand and arm which are not engaged are always on guard against the adversary's other fist. Hold your arms relaxed, but firm enough to meet his next move and ready to counter it.

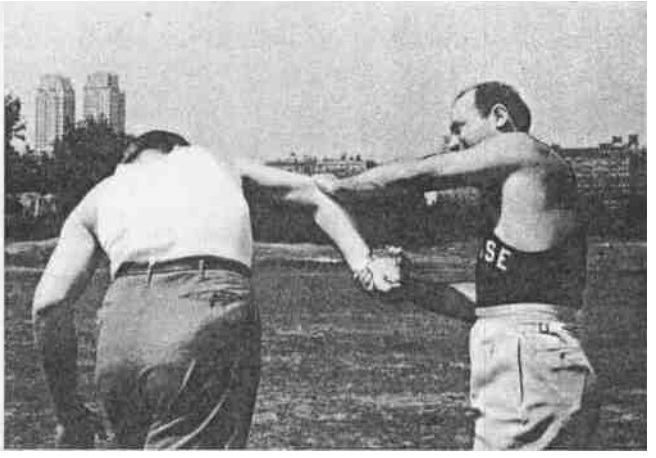
Note that these are purely defensive moves. Counter and attack measures follow.



DEFENSE AGAINST BODY BLOWS

1. The outside of your right elbow blocks a wide left hook to the stomach.
2. A straight inside left to the body is parried by the inside of your right elbow, turning the blow inward and rendering it harmless.
3. The inside of the left elbow parries a straight right to the stomach.
4. To block the curved blow of a wide right hook to the body, use the outside of your left elbow as you used the right in Number 1.

With a little practice you will soon learn to cushion such blows and absorb their power. Practice with a companion using his open hand until you have acquired the knack of recoiling with the blow enough to neutralize its force. The defensive tactics outlined above cannot be used against an expert boxer, who can feint you out of position unless you understand his methods.



DEFENSE AGAINST A STRAIGHT LEFT OR RIGHT TO THE FACE

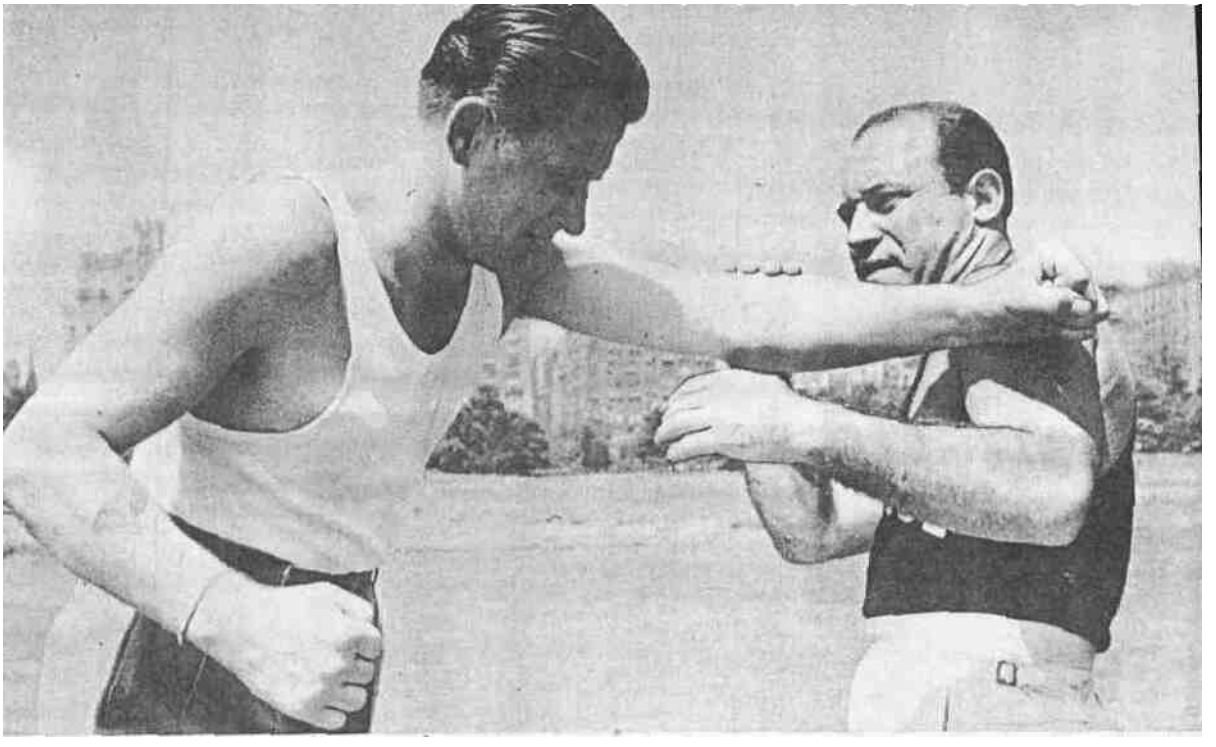
1.This for a straight right or roundhouse to the face. Parry it at your opponent's elbow as you slip back by swaying at the hips and shifting your weight to your right foot. Hold your right hand ready to block a sudden left-hand blow.

2. Grasp your opponent's right wrist with your right hand, pull sharply down to the left, as you force his elbow to remain up by pushing against it with your left hand. This push-pull action will be enough to discourage further aggression. (See page 69 for methods of maintaining continued control when the occasion demands.)

5. Against a straight left, slip inside the blow by leaning slightly forward and to the left as you sway at the hips, thus shifting your weight forward to the left foot. As the blow passes over your shoulder, grasp your opponent's elbow in your right hand and hold his arm in the crook of your neck and shoulder. Your left hand is ready to block his right.

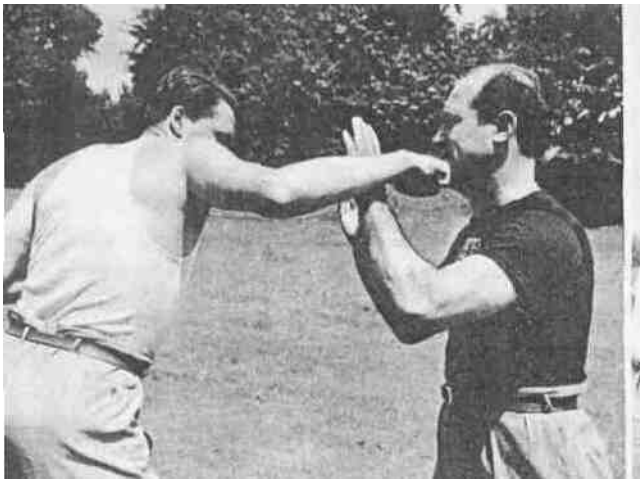
4. A strong downward two-hand pressure on the captured arm at the elbow will take all the fight out of your attacker.

Feint attacker out of position, mislead him as to your intentions, don't let him anticipate your movements. Then use attacker's own efforts and momentum against him by appearing to "give way" to avoid trouble or "ride with" the blow as in boxing—and then counter to bring him under control.



ALTERNATIVE DEFENSE

1. Sway back and to the right from a left jab by shifting your weight to the right foot, and drop your head slightly to the right. Parry at your opponent's elbow instead of at the back of his palm. As the attacking fist passes your shoulder, with the force of its momentum spent, your right hand grasps the attacker's forearm.
2. At the same time you raise your left hand and place it over your right, then pull down hard with both hands, locking the attacker's arm in the crook of your elbow. This calls for split-second timing, but will incapacitate your opponent completely.



ANOTHER DEFENSE AGAINST THE ROUNDHOUSE

1. The blow is blocked by your left hand-blade, while your right hand is held on guard against the attacker's left.
2. Your left hand grasps his forearm as you step forward on your right foot, and your right arm moves swiftly around his neck.
3. With your right hip now pressed against your opponent's hip, pull his right arm around and down, exerting additional pressure with the arm now encircling his neck.
4. You bend forward suddenly at the waist, and his feet are lifted from the ground.

ANOTHER DEFENSE AGAINST THE ROUNDHOUSE

5. In one continuous motion, pull with your arms and pivot your shoulders. The attacker should describe a complete arc over your hip, landing with his feet on the ground.

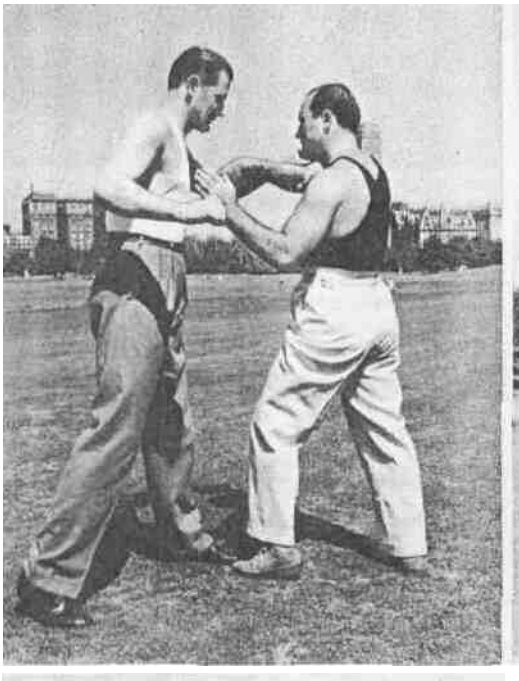
6. Now you let him fall on his back.

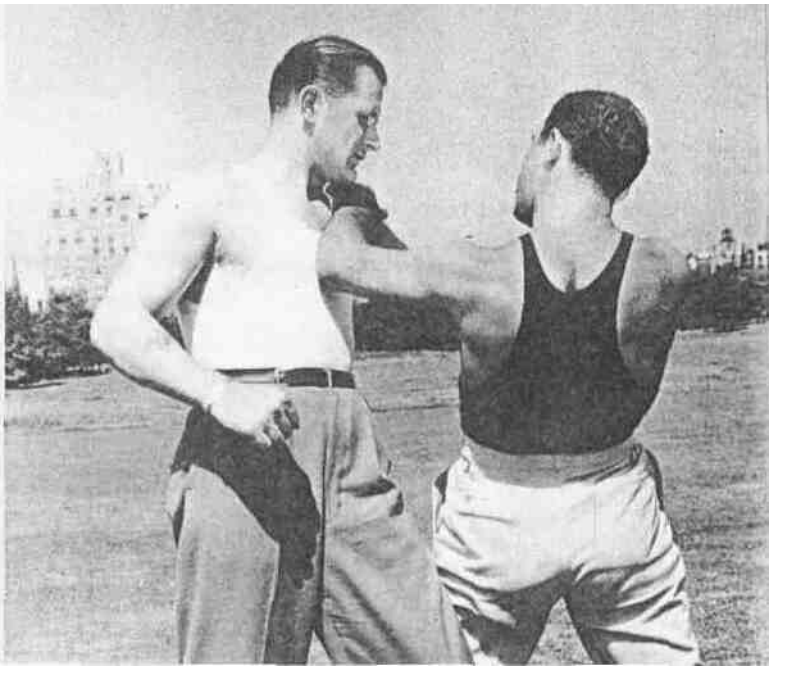
7. Resting on your left knee with his right arm held taut across your other knee, which acts as a fulcrum, he is at your mercy. If the situation warrants it, your right hand-blade is ready to inflict further punishment.

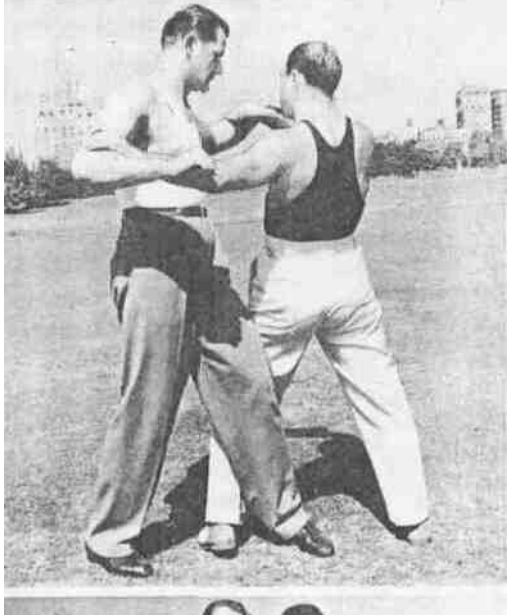
A short person has an advantage if he gets in close and uses the various throws.

Before you practise "defense in action" visualize the illustrated attacks. Then go through the movements with a friendly person who will study them with you in slow motion.

Note! It is not necessary to complete the throws **or** place any great pressure on the locks or holds.

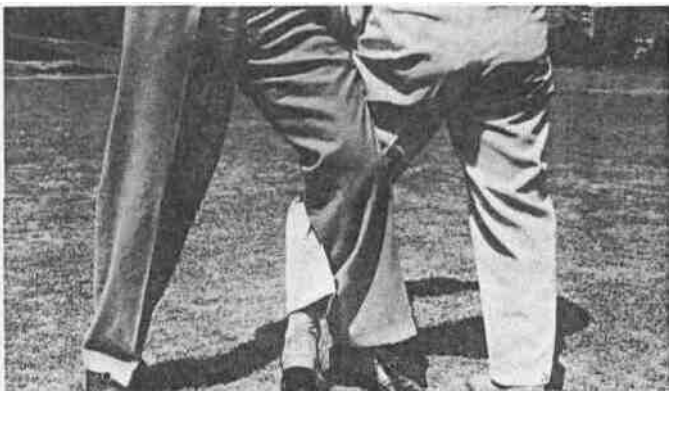


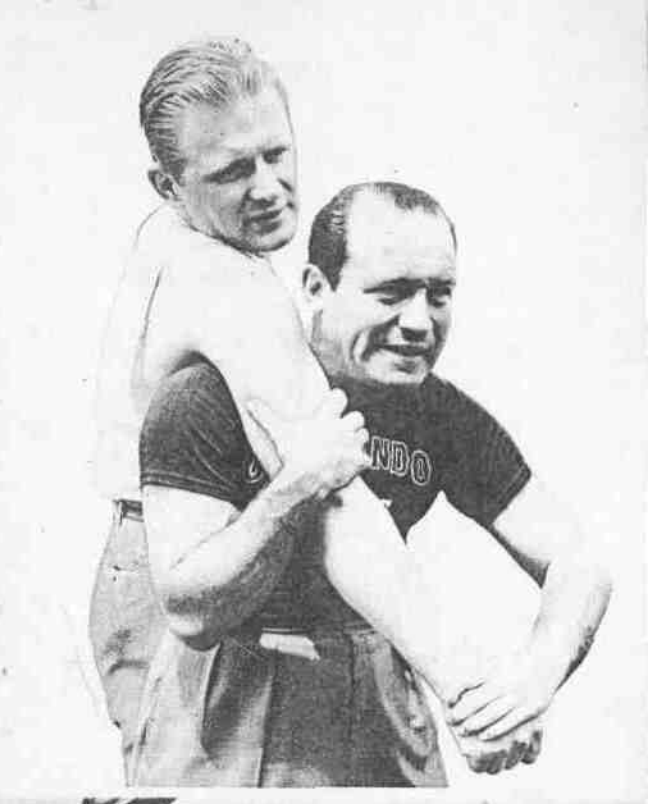




DEFENSE AGAINST LEFT HOOK

1. Here your right hand grasps your adversary's left below the elbow, while your left remains on guard.
2. At the same time, step forward on your left foot, placing it around and behind his left foot, meanwhile grasping his left shoulder with your left hand. He is thrown off balance and is unable to use his right fist in time.
3. This is another and more effective, safer method. Here, take a short forward step before you cross over to lock his leg; your left hand then grasps his upper right arm, with your thumb on the nerve center. You are now ready for the throw.
4. Pull down and to the right with your right hand as you push with your left, and your opponent is forced over the fulcrum of your leg—nothing can prevent his falling.
5. Close-up of a leg lock, showing raised heel and effectiveness of the lock on the calf of the leg. This is recommended as safer than the previous method. (See I page 43 for arm lever on ground, also pages 62-64 for I different body fulcrums and throwing **arcs.)**





SURPRISE ACTION

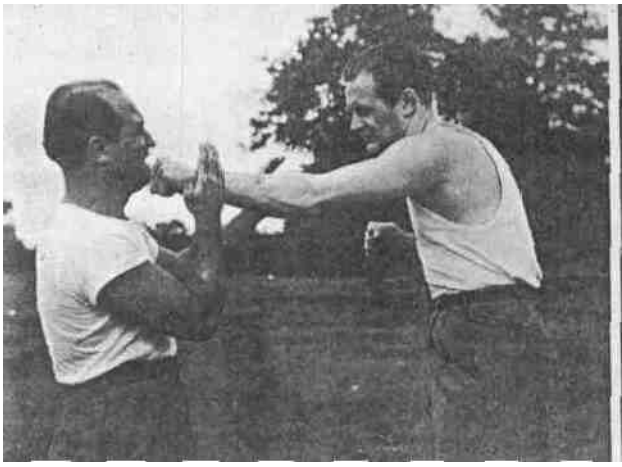
This can be used only against a slow or unskilled attacker, since you are left unprotected against his free left hand. Only the element of surprise will assure its success. The action is the same as that in Number 1, page 42.

1. Here your right arm goes under your adversary's right as you step forward, instead of around his neck.
2. With your shoulder under his armpit, his arm is held rigid.
3. Pulling down with your hands as you quickly bend forward, you throw him over your shoulder. This can cause a hard and dangerous fall, so the throw should not be completed in fun or practice.

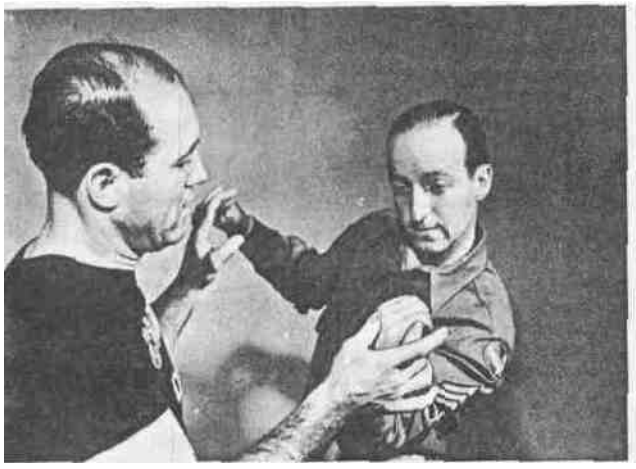
HAND-BLADE COUNTERS

These should be used only in defense against someone intending bodily harm. They have no place in sports.

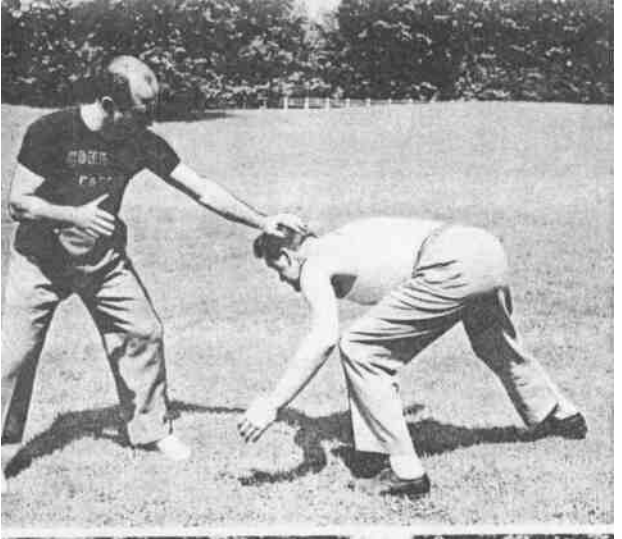
1. This demonstrates the use of the right hand-blade against nerve near wrist when countering a left hook. (Neither figure is taking his proper stance.)
2. Here the left blade is also brought into play against the nerve in the upper arm. This can be very painful but would require extreme speed, since you are left without protection against your opponent's right fist.
3. Blocking a hook (a right hook in this instance) and countering with the other hand-blade to the side of his face or neck is more effective and safer.
4. A back-hand blow with the blade, to the inside of his chin, is an equally effective counter. Here the power from the arm and shoulder muscles will **be** sufficient to stun your attacker.

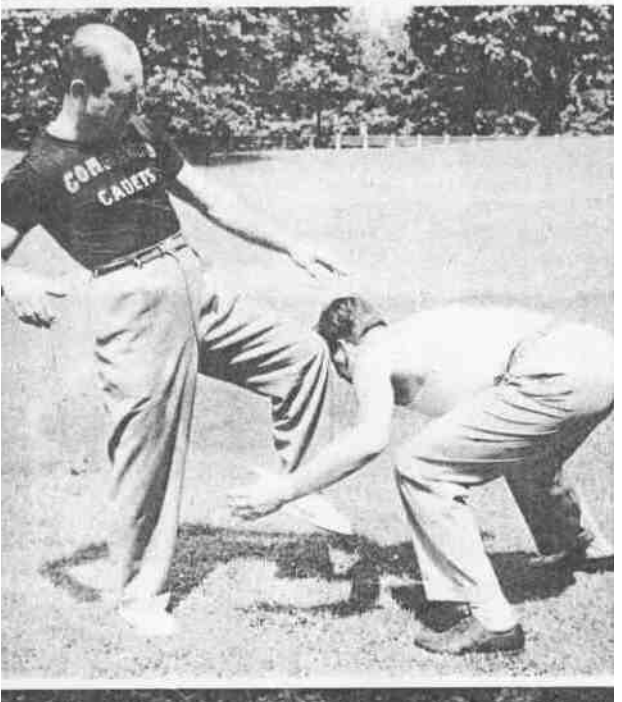


OTHER CONTROLS AGAINST STRAIGHT LEFT OR JAB



1. Using this defense you are completely out of range of your assailant's blow when you counter with your hand-blade to the nerve center near his wrist.
2. With practice, you may catch his fist with your thumb over the back of his hand and your middle finger inside of his palm.
3. Holding your left hand in defensive position against his right, press back and down with your thumb and twist outward with your middle finger (or all fingers may be used).
4. By exerting additional forward pressure the strain placed on his wrist and elbow will paralyze his body. With caution your left hand can be used for added leverage, provided you have exerted sufficient pressure to render his right hand useless. (See page 53)





A FIRST PRINCIPLE OF DEFENSE

Never let an attacker get his hands on you.

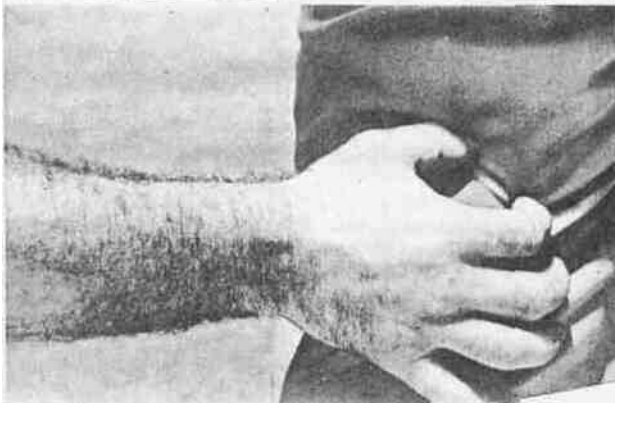
1. A flying tackle, when attempted in blind rage, can-be extremely dangerous. Meet this with an effective tactic—remain in "on guard" position, leaning sliglitly forward to absorb shock, extend rigid arm with open palm to your attacker's head.
2. If it is necessary to give way before his headlong charge, shift your weight to your other foot, in this case the right, and lift your left knee. His force will carry him into it and stop him dead—or very near to it!
3. If he succeeds in getting dangerously close to you with his arms before you can get set to use your knee, retain pressure on his head as you bring right hand-blade down in a hatchet stroke over kidney, or between his seventh and tenth ribs.
4. If his arms actually close around your legs, use the same stroke on the base of his neck.

(NOTE: Do not practice—very dangerous.)

TURNING THE TABLES

There may well be times when you are taken unawares, or for some reason cannot hold an attacker at a distance. These are the most dangerous situations, when you must be fully equipped to overcome a vicious assailant. The following hold can also be used in defense against a front tackle or similar wrestling hold.

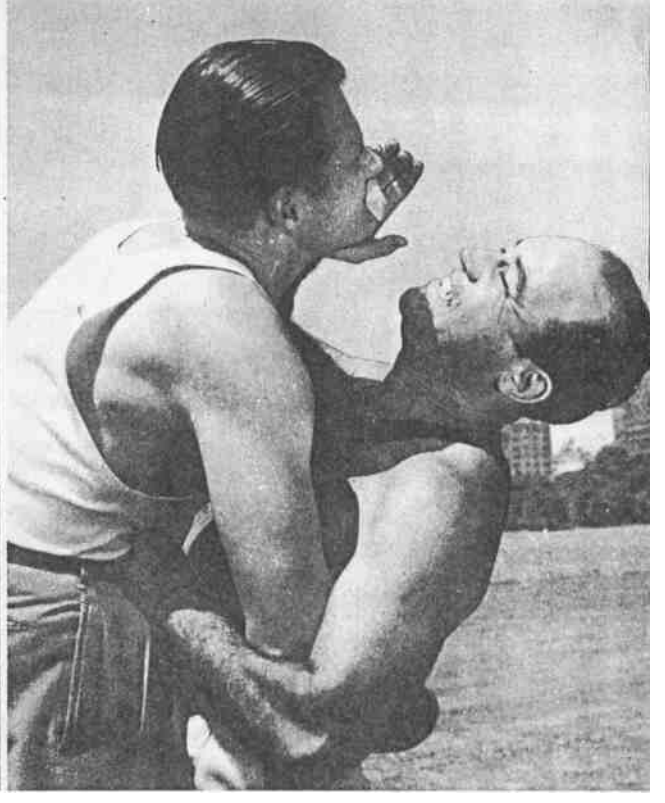
1. Push your stiff arm against your opponent's shoulder as your right hand and forearm slip under his neck.
2. Reach over your left wrist with your right hand to close an arm-lock. The pressure is increased by raising your right shoulder and arm while pressing down hard with the left, or by gripping your own left wrist instead of your hand.
3. Such a hold as the one described above is very dangerous because it quickly renders the victim unconscious. So if you are the victim, immediate action is necessary.
4. With all your strength, pull against the strangling arm, while your right hand reaches for the sensitive nerve area on the inside of the strangler's extended leg, above the knee.
5. This close-up shows the two-finger twisting pincer on the nerve which will force your assailant to release his hold. It looks simple—but it works!



AN EMBARRASSING AND DANGEROUS SITUATION

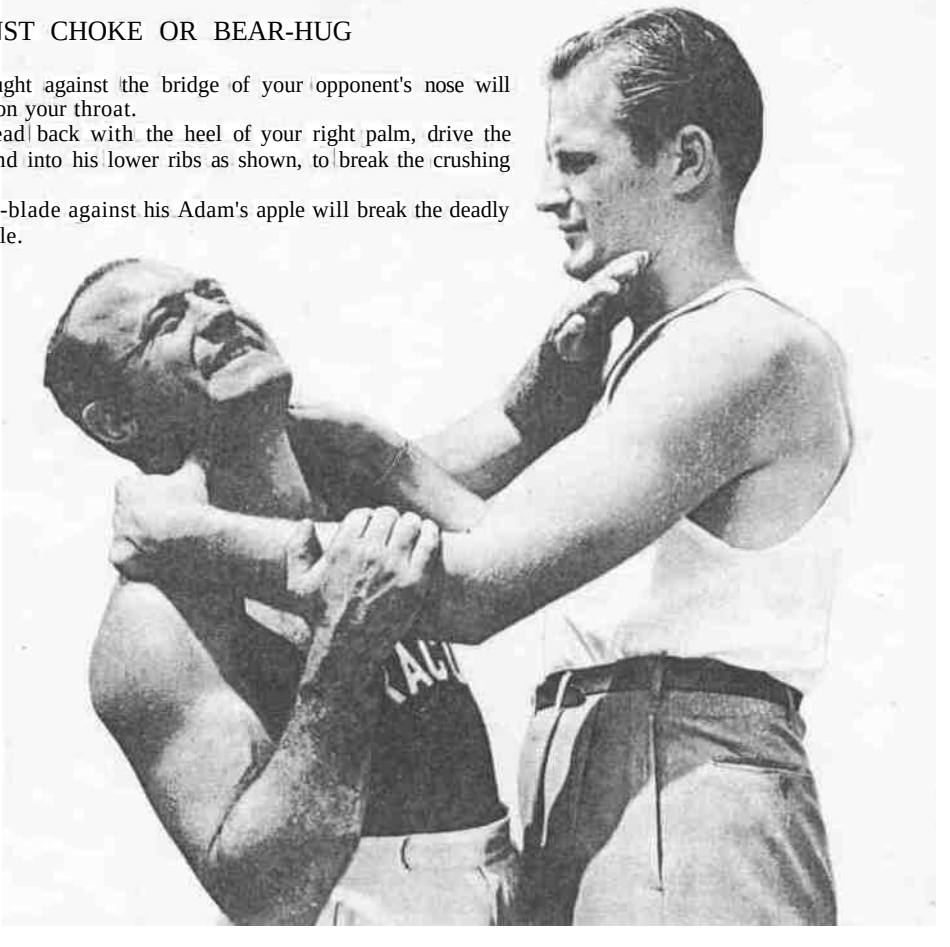
Any woman can use these simple **methods to** discourage either a masher or a mugger.

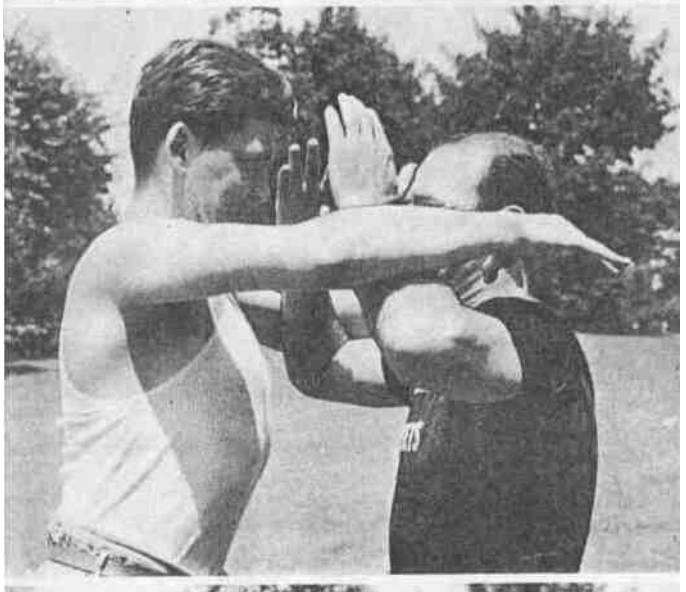
1. To break a rear hug attack, grasp your assailant's little finger between your thumb and forefinger and bend it back until he releases you.
2. To discourage a front hug, thrust the rigidly held fingers of either hand, with all the force of which you are capable, against his throat—as shown—or into his eyes, pulling back to give your arm greater freedom.
3. Another effective cure for a mugger attacking from the rear is to drive the heel of your shoe, with your full weight on it, against the nerve center on top of his instep. As he momentarily releases his hold, clench your fist and with a quick backward sweep drive your elbow into his stomach or solar plexus.
4. Another way to break a front hug attack—pull back as far as possible by pushing against his shoulder and at the same time drive your knee into his stomach. With the blade of your hand strike him sharply below the nose on his upper lip. This is guaranteed to discourage further advances.

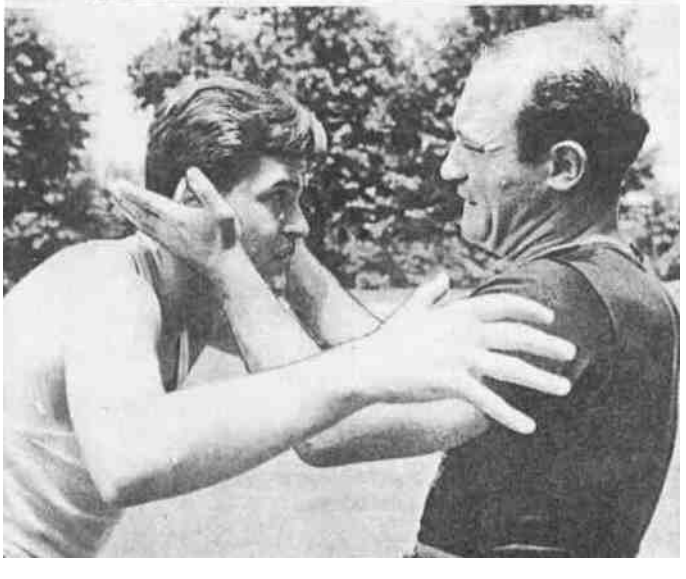


AGAINST CHOKE OR BEAR-HUG

1. Your hand-blade brought against the bridge of your opponent's nose will force release of pressure on your throat.
2. While forcing his head back with the heel of your right palm, drive the knuckles of your left hand into his lower ribs as shown, to break the crushing hug.
3. A stroke of your hand-blade against his Adam's apple will break the deadly two-hand windpipe throttle.







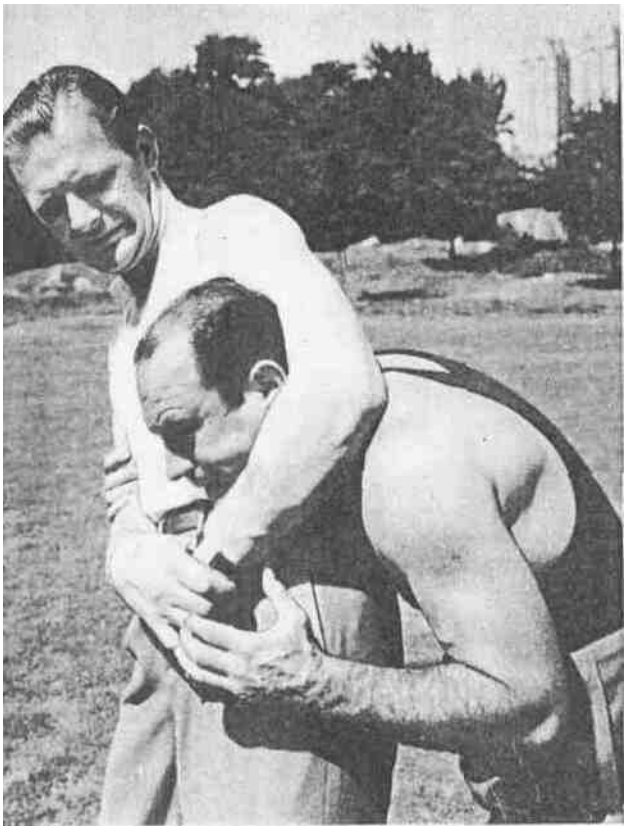
BREAKING THE FRONT CHOKE

1. Immediately make a wedge with your fingertips pressing together and elbows spread. Hold your hands below your head for an up-thrust.
2. As you bend your head forward as much as possible to relieve pressure, bring your arms up with all your strength, and the hold is broken.
3. Without breaking the rhythm of your motion, bring both hands forward, Striking both sides of your assailant's neck. In the fraction of a minute your position has changed from that of the victim to the victor.

BE TOUGH
WITHOUT GETTING ROUGH!

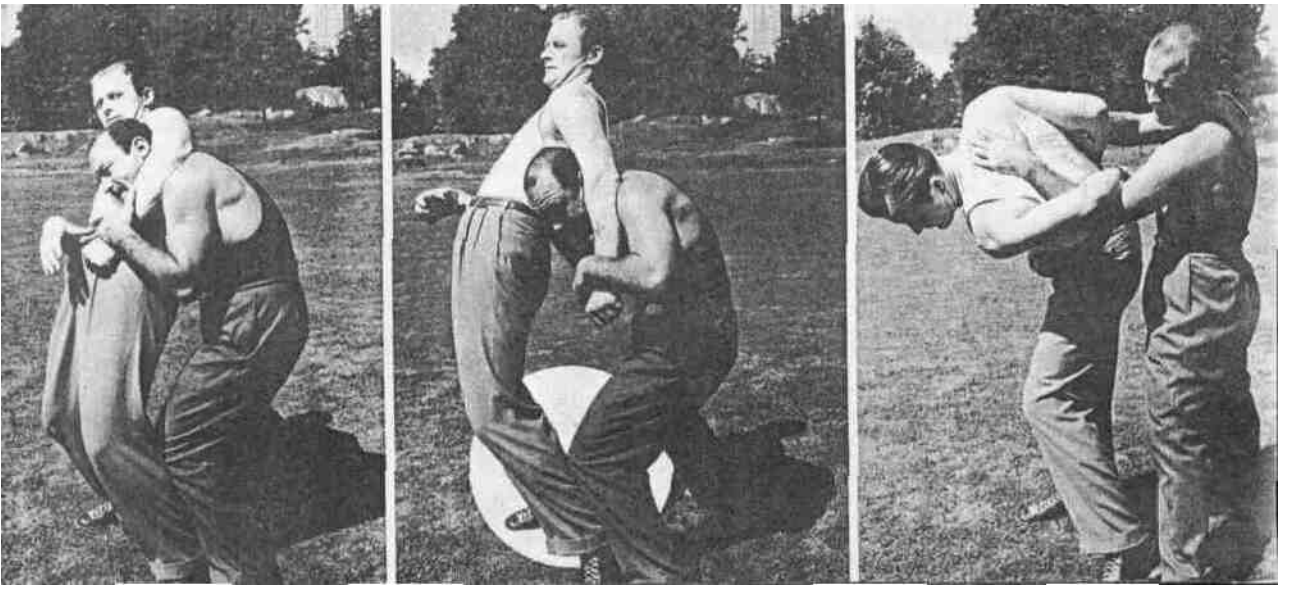
1. The attacker's thumb and fingers clutch either side of the windpipe while he holds his other hand, the right in this case, ready to deal out further punishment.
2. Suddenly you—the victim—grasp his hand with your right thumb on the back of his hand and your middle finger against the base of his thumb, on the palm side.
3. Pull up and out with middle finger as you press up with your thumb. Use your left hand, too, for added force, with thumb also against the back of his hand, as shown.
4. Pushing with your left thumb against the hinge action of his wrist forces his whole body under control. He can be thrown completely over and his hand rendered useless. All this must be accomplished before his right hand goes into action, therefore speed is important.

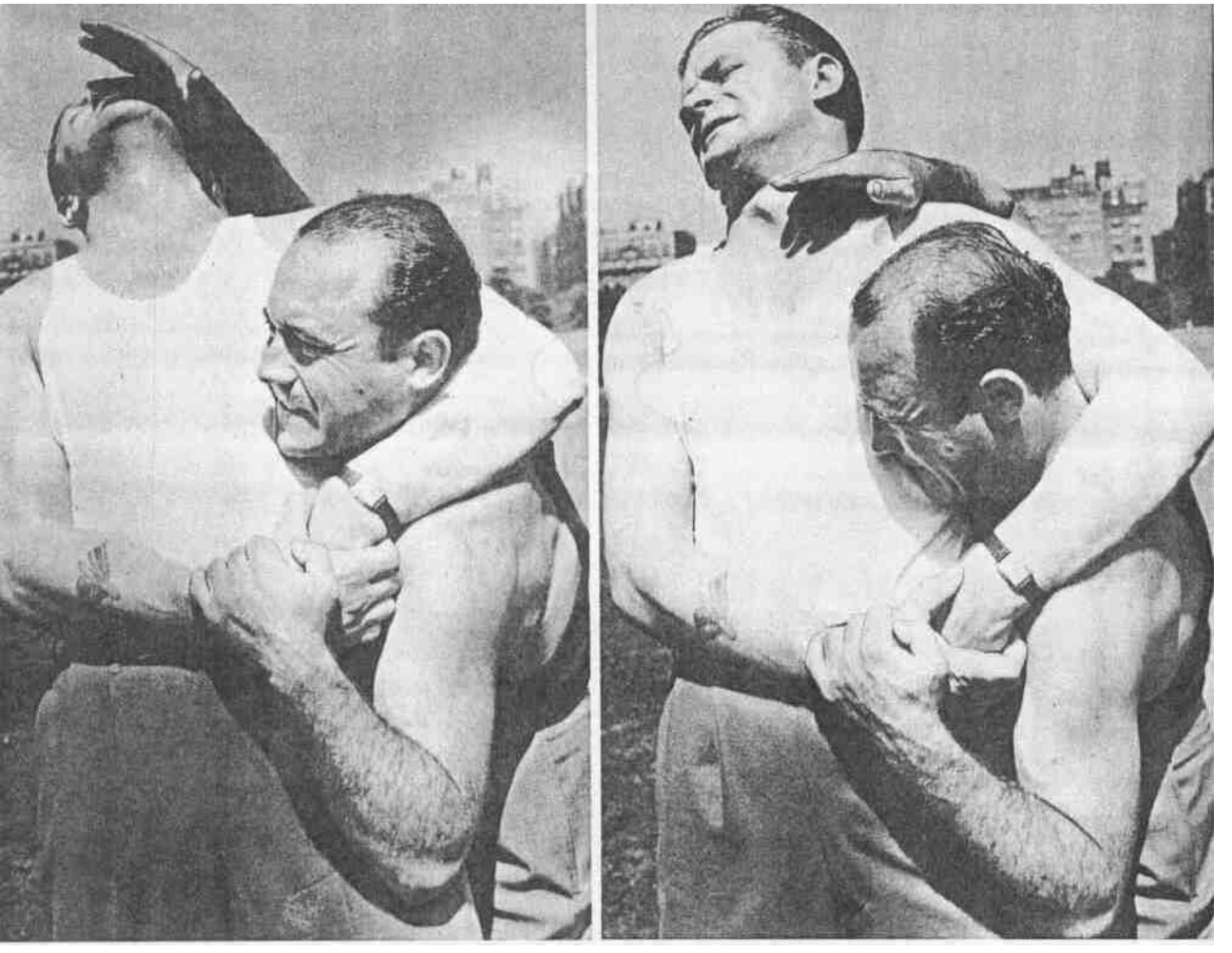
BREAKING HEADLOCK



1. Immediately grasp your adversary's left wrist with your left hand to relieve pressure, at the same time pushing his right arm forward and inward.
2. As you do this, drive your left knee against his left leg at the knee. This forces the knee to bend, and he loses his stability and weakens his grip.
3. Slip your head out of the lock as you force his left arm back by pulling with your left, and break his grip.
4. With grip broken, pull against his right upper arm and force his left arm open. Bend it inward as you slip your left arm up his back to control him.

Your "body-consciousness," easily learned," will aid you to become aware from the top of your head to the tips of your fingers and toes.





ALTERNATIVE METHODS FOR BREAKING HEADLOCK

1. Pull down with your left hand to relieve pressure on your throat and strike the attacker under the nose with your hand-blade. Even the little finger is enough to cause considerable pain and break the hold when used against this sensitive spot.
2. Your hand-blade to the side of his neck or fingertips to his throat or eyes will produce the same result.

"Body-consciousness" will guide you to use, without thinking, your greatest strength or skill against your attacker's most available weakness.

OUTWITTING THE JAP STRANGLER

Of all strangles, the Japanese rear strangle is most to be feared. Military experts, who have seen service in the South Pacific and have seen death result from it in a few seconds, have stated that there is no defense against it. Here is proof that there is a defense.

1. In this strangle the attacker's left forearm acts as a throttling bar across the victim's throat and is locked by his hand grasping his right upper arm as it rests over the victim's shoulder.

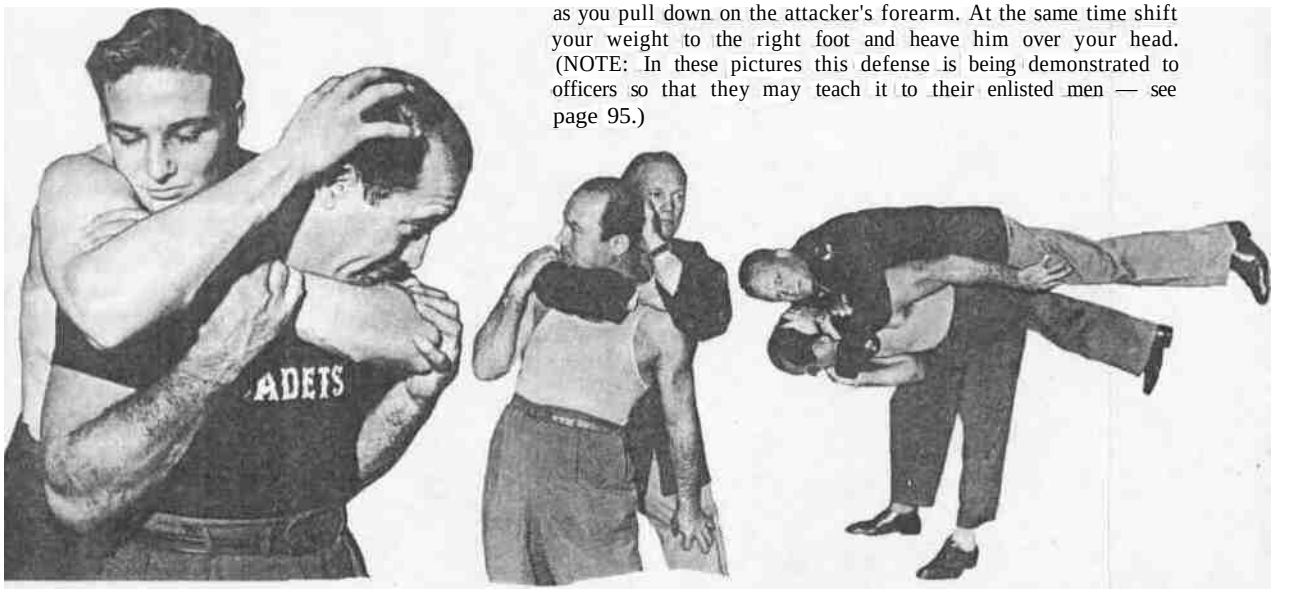
2. Shown from the side, the attacker's right elbow is bent back with his hand pressing the victim's head forward and exerting tremendous pressure against the throat.

3. The first defense move is instantly to grasp the throttling arm at the wrist and elbow and pull down with all your strength, at the same time straining your neck muscles and forcing your chin in towards your chest to ease throat pressure.

4. Depending upon whether head pressure is from side or rear, move chin toward wrist or elbow. Here the chin is forced into and cushioned by the fleshy part of the forearm.

5. With the pressure somewhat relieved, release **your attacker's** wrist and apply a finger pincer to **the sensitive nerve-center inside** his thigh. It will do the trick.

6. For more dramatic results, bend forward suddenly at the waist as you pull down on the attacker's forearm. At the same time shift your weight to the right foot and heave him over your head. (NOTE: In these pictures this defense is being demonstrated to officers so that they may teach it to their enlisted men — see page 95.)

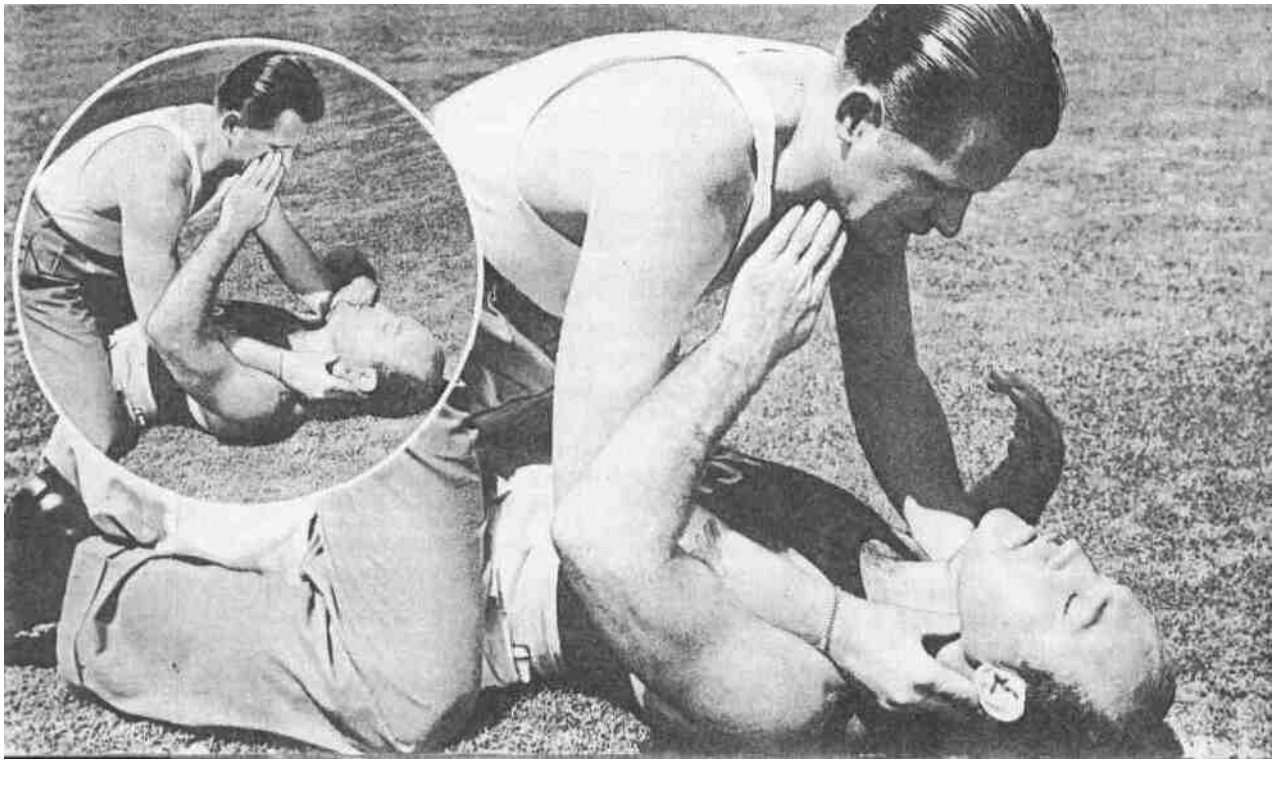


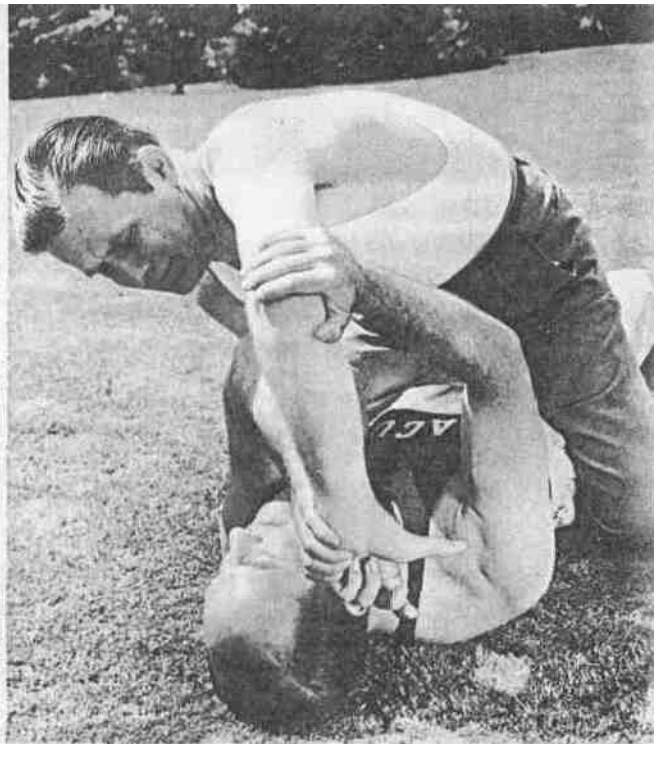
HAND AGAINST CHOKES

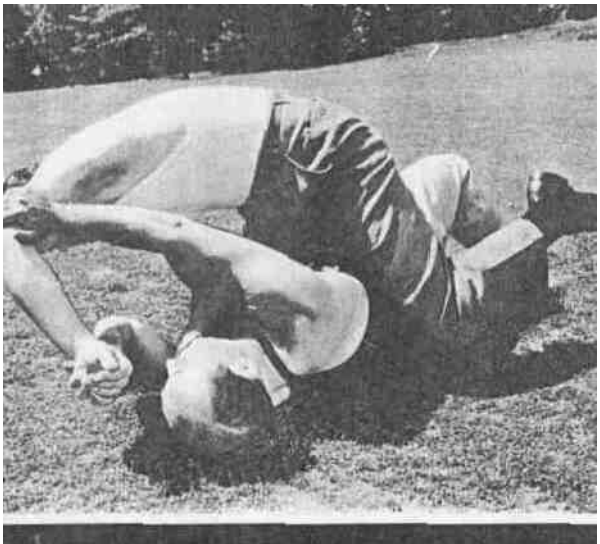
1. Your left hand-blade against the lower edge of an assailant's ribs will break a dangerous pressure choke under your ears.

2. On the ground, pressure on the jugular vein or carotid artery can cause unconsciousness or even death within a few seconds. Here your fingertips strike directly at his eyes—this is no time to indulge in niceties—and your other hand relieves pressure by pulling at the attacker's wrist.

3. Fingertips of the left hand jab at his Adam's apple—a very sensitive spot. Your right hand is ready to attack or counter as your assailant's hold weakens.





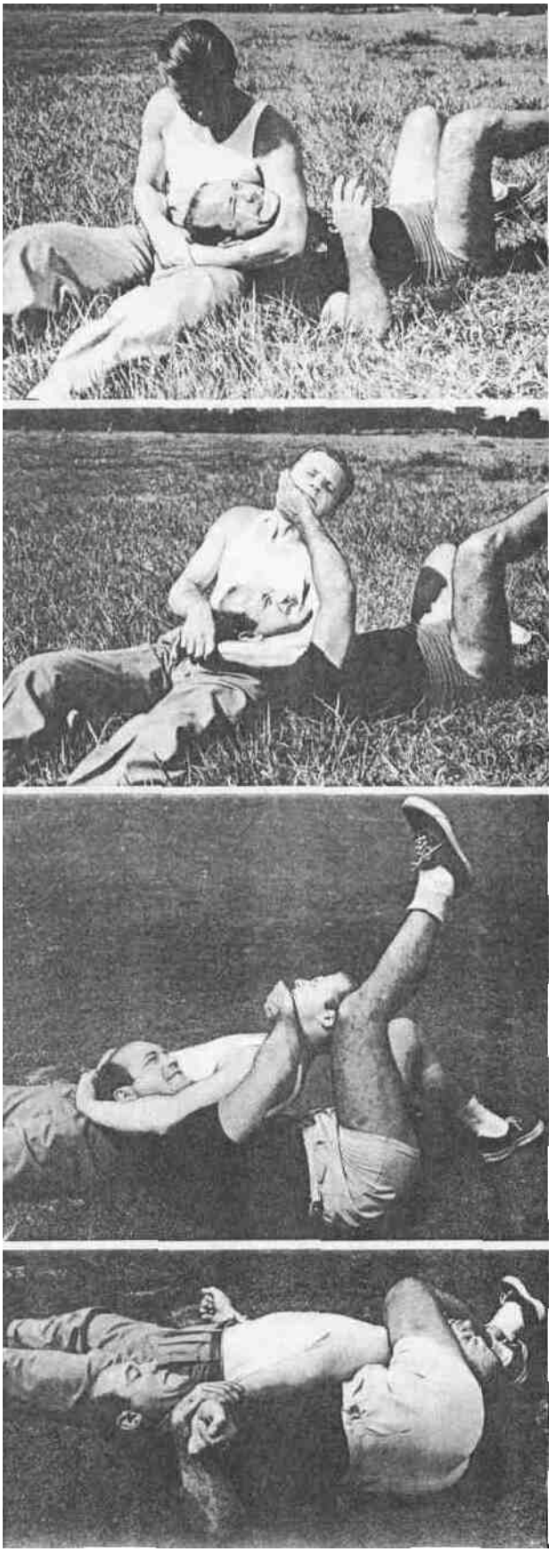


CHOKE ON THE GROUND

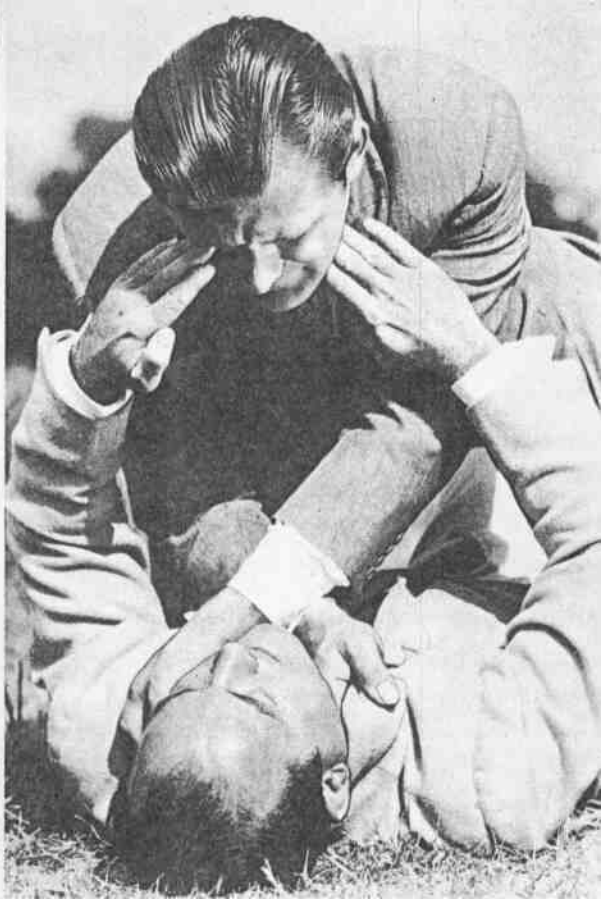
Variation—the Expert's Defense

1. Grasp your opponent's left hand with your left, using the finger lever of your thumb on the back of his hand, fingers in his palm, and apply pressure.
2. Pull up and over as you force his arm inward by pushing against his elbow with your right hand.
3. By pushing outward the full length of your arm, you force him to the left. At the same time keep your hold on his left hand with your left.
4. Now grasp his left hand with your right thumb on the back of his hand and twist with both hands for complete control. This acts as an irresistible lever against his hand, wrist, and elbow.

BREAKING STRANGLE ON THE GROUND



1. Contract your neck muscles to relieve pressure against vulnerable spots on your throat.
2. Reach back at once with your free right hand and push your assailant's chin back with the heel of your hand.
3. As you continue forcing **his head back, bring your** right leg up with knee bent.
4. Having forced him back the full length of your arm, hook your leg over his head, under his chin, and force him down as you hook your right foot under your left leg (this prevents his biting). With your right hand, grasp his left wrist and pull his arm across your body and hold him in an arm and leg vise. By holding his right wrist you have him under perfect control. Pressure applied to the wrist takes all the fight out of him.



DEFENSE AGAINST STANDING OR LYING-DOWN JAP STRANGLE — ONE OF THE MOST DANGEROUS JAP STRANGLEHOLDS

1. With hands crossed and pulling in opposite directions, the back of your attacker's hands are pressed against the blood vessels that feed the head. This strangle produces unconsciousness quickly. This is another variation of the hold against which expert's have claimed there is no effective defense. But—

2.—strain your neck muscles as best you can to protect your throat. At the same time thrust the fingertips of your left hand into strangler's eyes and your right hand in the same manner into his neck. This action alone will let you live to tell about the experience. Same defense when standing.

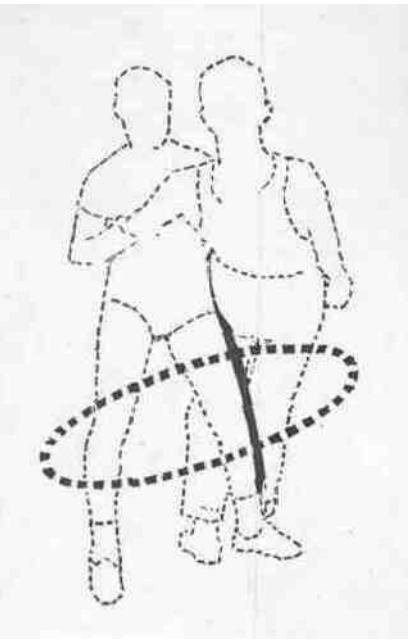
3. Against two-hand "Adam's-apple crush," shown here, grasp your assailant's right wrist firmly, and as you drop your shoulder place your thumb behind his little finger.

4. As he is compelled to release *his* hold, continue to force his finger back toward his wrist to gain complete control.

BEWARE OF THE LAPEL-GRABBER

Many of the Jap Jujitsu and Judo throws start this way.

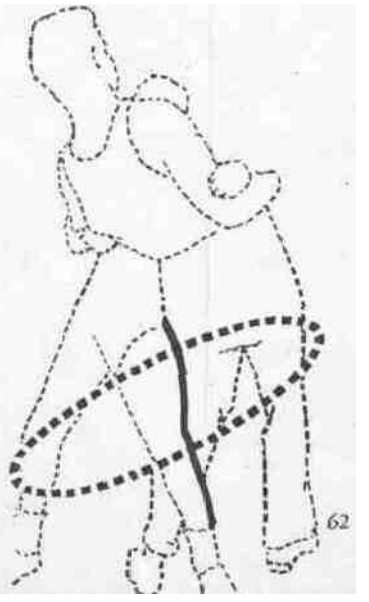
1. The coat is a ready-made straightjacket, **so watch out** for this seemingly harmless gesture.
2. It takes but a moment to push your coat over your shoulders and force it down, and—
3.—your arms are pinioned to your sides before you realize what your assailant is up to.
4. By pulling with his left hand and pushing with the right he has you completely helpless over his extended knee—unless you know what to do. See page 30.



THE LEVER AND FULCRUM USED IN THROWS — TWO ARCS

The point of your body which is used as the fulcrum determines the manner in which an adversary is thrown and the arc his falling body describes. The basic principle is that of resistance in one direction overcome by a stronger force—not necessarily strength—in the opposite direction.

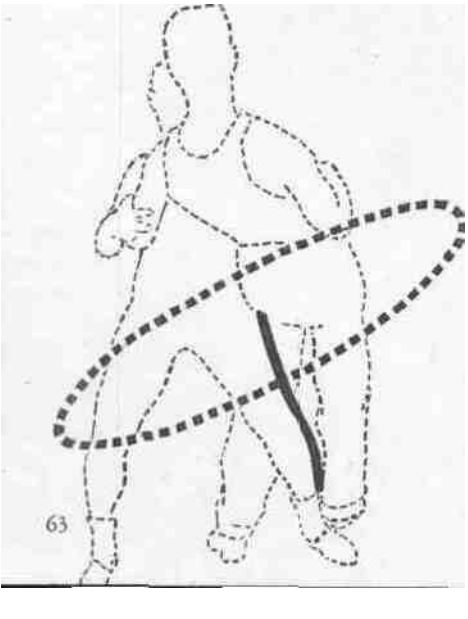
1. Using the heel as a fulcrum, step forward on the other foot (here the left) and place your heel around your opponent's left heel.
2. Pull with your right arm and push with your left, keeping him close to your body as you force his left shoulder around. By disturbing his center of gravity, his own weight carries him over your heel fulcrum.
3. The diagram illustrates the horizontal arc his body will describe. This is because the point of resistance **is** close to the ground.
4. Here the calf of your leg is the fulcrum and therefore further from the ground.
5. With the throw starting higher, the arc is correspondingly higher. The pull on his left arm is higher but the push is the same.



A THIRD ARC

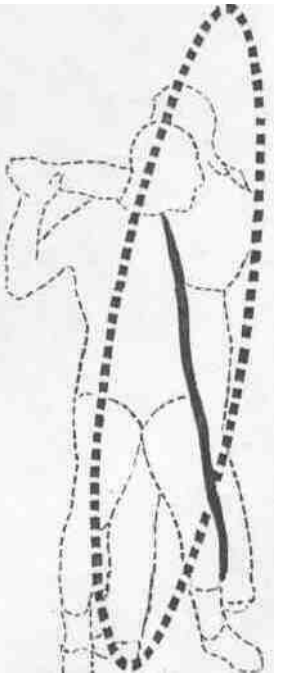
The pictures shown on pages 62, 63 and 64 are examples of Body Dynamics in **action.**

1. Throwing from the thigh means another elevation of the fulcrum, and requires placing your thigh against that of your opponent, with your arms in the same position as shown previously.
2. Notice that at this angle his body is not thrown off balance as easily because the fulcrum is nearer **his** center of gravity.
3. The completed action shows the arc of the thrown body rising toward the vertical.



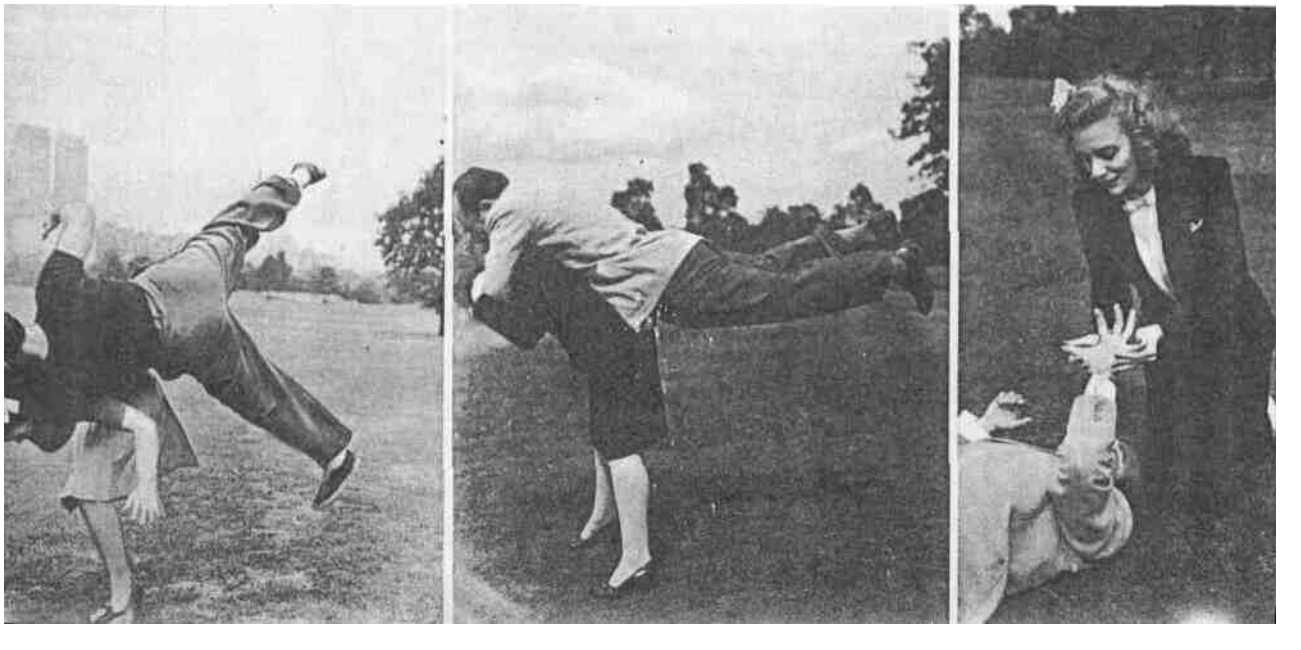
FOURTH ARC

1. The hip-to-hip throw calls for the same-arm action as shown on page 63.
2. Your leg must be braced to carry your opponent's weight as you bend sidewise and forward to **lift** his feet from the ground.
3. If this move is performed with adequate speed, his momentum carries him completely over. The arc is now almost vertical.
4. The hip-and-back throw makes a fifth arc. Here the neck also contributes to the action, since all the force must be applied above his center of gravity. It is not advisable to attempt this throw without long practice, as an arm fracture might easily result.
5. With your assailant's arm held as a lever against your neck, bend swiftly forward at the waist, giving a strong downward pull with your arms. His body describes a completely vertical arc.



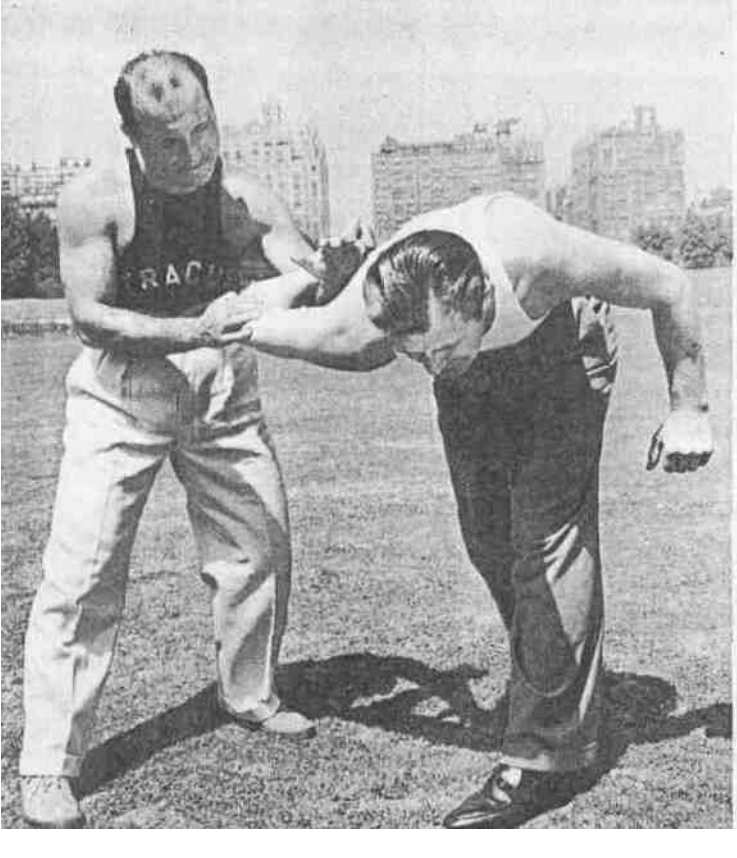
DEFENSE AGAINST MUGGING— "THE JEEP THROW"

1. Immediately grasp the attacker's upper arm and wrist, at the same time twisting your head so that your chin rests in the bend of his elbow to relieve pressure on the throat.
2. Pull downward with both hands as you bend swiftly forward from the waist. This pulls his feet from the ground and puts his body in motion.
3. The amount of "snap" you put into the action will control the speed with which he travels over your head and the force with which he strikes the ground. Had the girl in this picture been better braced she would have retained a longer hold with her two hands, and the man would have described an arc over her head instead of falling to the side.
4. In this one-arm pull-over the girl's feet and legs are properly braced and she has retained hold of her attacker's arm as she bends swiftly from the waist. His body will continue over her head in a perfect arc.
5. After you have thrown him to the ground, there are a number of control grips. This two-finger lever will hold him until your cries bring help. To inflict greater punishment, hold his thumb and little finger in the palms of your hands and bend them out and downward.



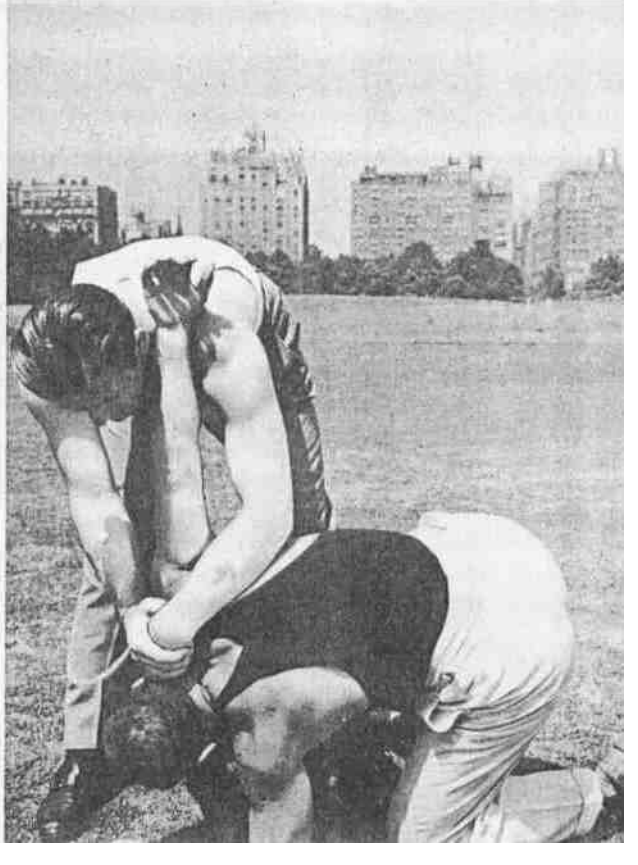
DEFENSE AGAINST RIGHT-HAND UPPERCUT

1. Strike downward with left hand-blade against the wrist of the attacking fist as you grasp the back of your attacker's arm above the elbow with your right hand.
2. Pull forward with right hand as you press up and back with left.
3. Slide your left arm over the trapped elbow toward his shoulder and grasp the shoulder, completing the lock. Your opponent is forced to bend forward or receive further punishment. The right hand can be used to add greater pressure if needed. This is generally called a hammerlock.



BREAKING A HAMMERLOCK

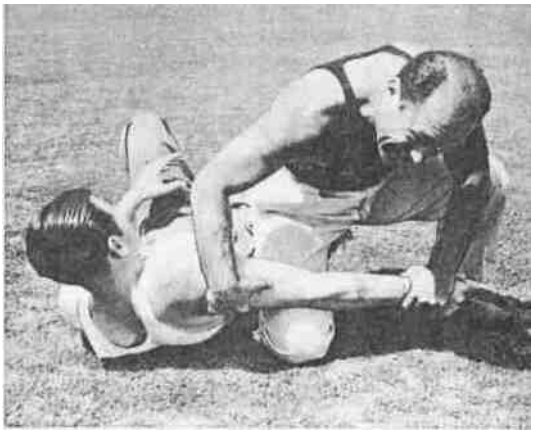
1. If you're on the receiving end, as pressure is exerted on your arm and shoulder don't fight it—go with the pressure. Use your free arm to ease your sudden fall to the ground.
2. Relax your knee and elbow as you hit the ground **to** relieve your captive arm from painful pressure.
3. In dropping to knee and elbow, your arm is released from his arm-vise, and you can slide it up toward his neck. You are now free to make a countering move and take the offensive.



PRESSING THE ATTACK

4. Quickly rise from the ground. As you do so, slip your right arm around your attacker's *neck*, your left hand grasping his right wrist.
5. He is now pulled forward over your right hip. With your weight shifting from your left to your right leg, you suddenly bend forward and to the left from the waist. As you continue the arc and pivot toward the left, you pull him off the ground, aided by your hold on Ins right arm.
6. Entirely under your control, he describes a wide arc, falling on his back.
7. As he strikes the ground you fall on your right knee with his arm braced across it. With the knee as a fulcrum you can exert sufficient pressure to cause extreme pain. In fact, care should be used not to break the arm. The right hand can now be used as a blade to neck, face, or body to render him unconscious, if your life is in peril.

RETAINING CONTROL



1. To force your assailant to rise against his will and follow under your control, grasp his shoulder with your right hand and pull up, at the same time bending his elbow and forcing it behind him.
2. This compels him to rise to a sitting position as his arm is forced behind his back and he is rendered helpless by the painful position.
3. Enough pressure can now be exerted to force him to rise to his feet. A firm grip on his hair leaves him little alternative but to do your bidding.
4. BUT—always be on the alert for a surprise move. A wily antagonist might easily turn the tables by a vicious blow to your chin with his left elbow. Use the left hand to hold the free elbow.

Remember—your body is an arsenal with many weapons ready for defense in action. You may easily learn through being "physically conscious" the limitations of various muscles, joints, and hinges. It will guide you to "go with" pressure—not to fight it. This will render your attacker's hold useless or you will find yourself always in a position to counter-attack with a free weapon.

TROUBLE AT CLOSE QUARTERS

1. In this case, step on toe of advanced foot with your right foot, press your left foot against your opponent's heel. Your arms are held free for use if needed.
2. The slight pressure of your left knee as you throw your weight forward will suffice to throw him off balance.
3. Or—step on toe of your adversary's advanced foot and push with extended left hand. The results are obvious.

DEFENSE AGAINST KICKS

With rare exceptions the left foot protects against a right kick, as is true with the hands. Do not make the mistake of being prepared only for a right kick, as either foot may be used.

1. Against a right kick to the shin, advance your left foot, striking the outside edge of your sole sharply against your adversary's sensitive shin.

2. Here is an exception—when the left foot blocks a left kick to the groin. With no time to shift balance or feet, the left foot meets the attack and avoids a painful and often serious injury. (See page 74 for defenses against knee-to-groin kick.)

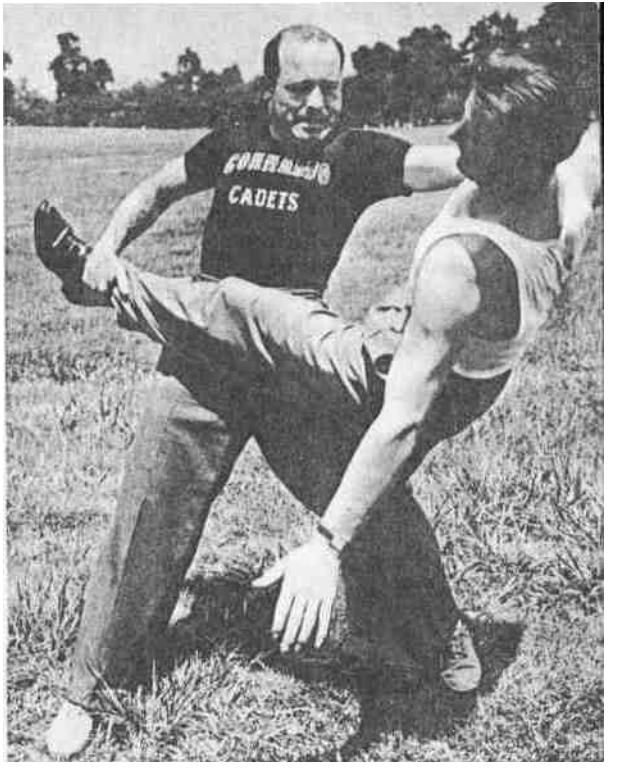
3. If more confident of your hands, protect yourself by grasping his heel or calf.

4. A quick up-sweep of your arm and he is spilled over backwards. WARNING: Be careful not to hold onto his leg or he may pull you over with him as he goes down and kick you with his free leg. (See page 73, Number 3.)

DEFENSE AGAINST LA SAVATTE

(French science of foot boxing)

1. Left hand parries left kick by catching heel and with a quick upward motion, throwing assailant backwards.
2. Sidestep and grasp his heel with your left hand, take the toe of his slice in your right hand.
3. Pull up with your left hand as you twist down with the right on the toe of his shoe
4. Close-up of complete twist.
5. The result. Take care to retain control as he falls, and step on his other foot as he reaches the ground to prevent a kick to groin, face, or shin from his other foot.
6. You gain complete control by turning him over on his stomach. His leg may now be forced up and weight applied to his back to hold him indefinitely.



THE KICKER IS DANGEROUS—TO HIMSELF

1. To block a left-foot kick to the groin, sway enough so that the kicker misses you, and catch his heel with your right hand.
2. As his momentum carries him forward, grasp his right arm. Step forward past his right heel, and, keeping his leg close to your body, pull with your right arm and push with your left.

DEFENSE AGAINST KNEE TO GROIN

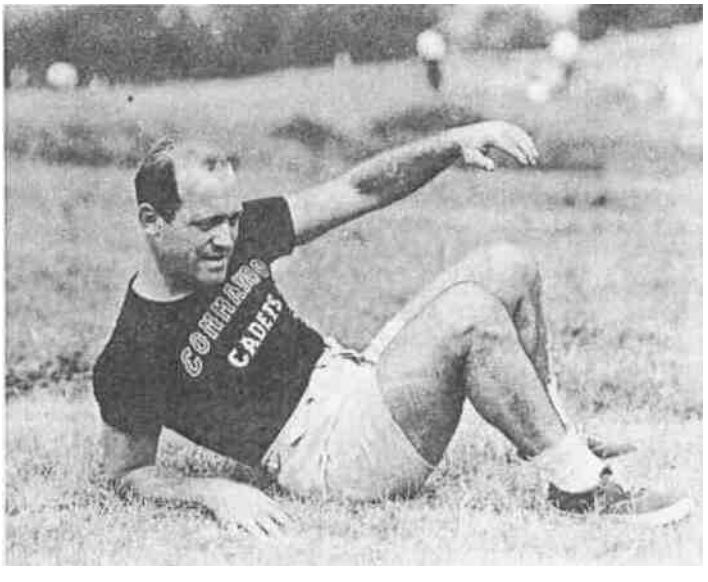
This sequence further demonstrates the effectiveness of the Menclell "on guard" position, with left knee always advanced directly in front of an adversary and freedom of movement, balance, and stability always maintained.

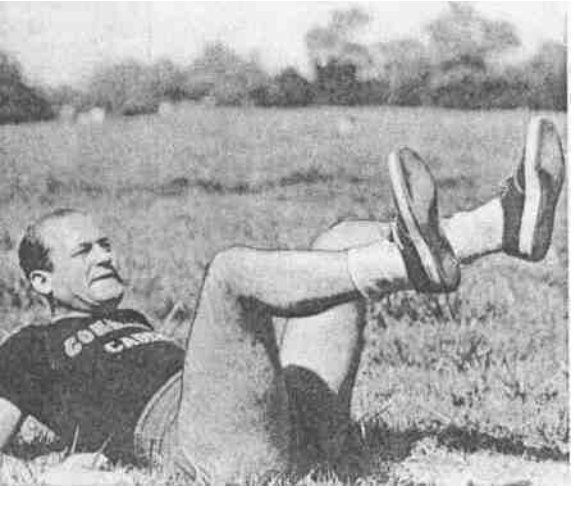
1. A slight shifting of weight blocks a vicious left knee to groin.
2. Shown in another view, such a blow is blocked by the thigh and its force cushioned by the thigh muscles.
3. Viewed from the side, the weight is thrown forward and the heel raised to assist in cushioning the blow.
4. In the same manner a right-foot kick to the groin may be blocked.

THE FALL-AWAY

It is important to be able to fall backwards, easily and without shock, whether you are pushed or take this position as a defense measure. When used for the latter a fall can be a very deceptive and useful maneuver.

1. Do not be tense as you drop back upon the palm of your hand.





2. Relax your muscles successively as your elbow, side, shoulders, and hips strike the ground, as each in turn absorbs some of the shock.

3. With shoulders raised and arms braced you are in position to adapt yourself to any situation. It is easy to regain an upright position by rolling backwards, as shown on page 90, Number 4.

MISS DYNAMITE

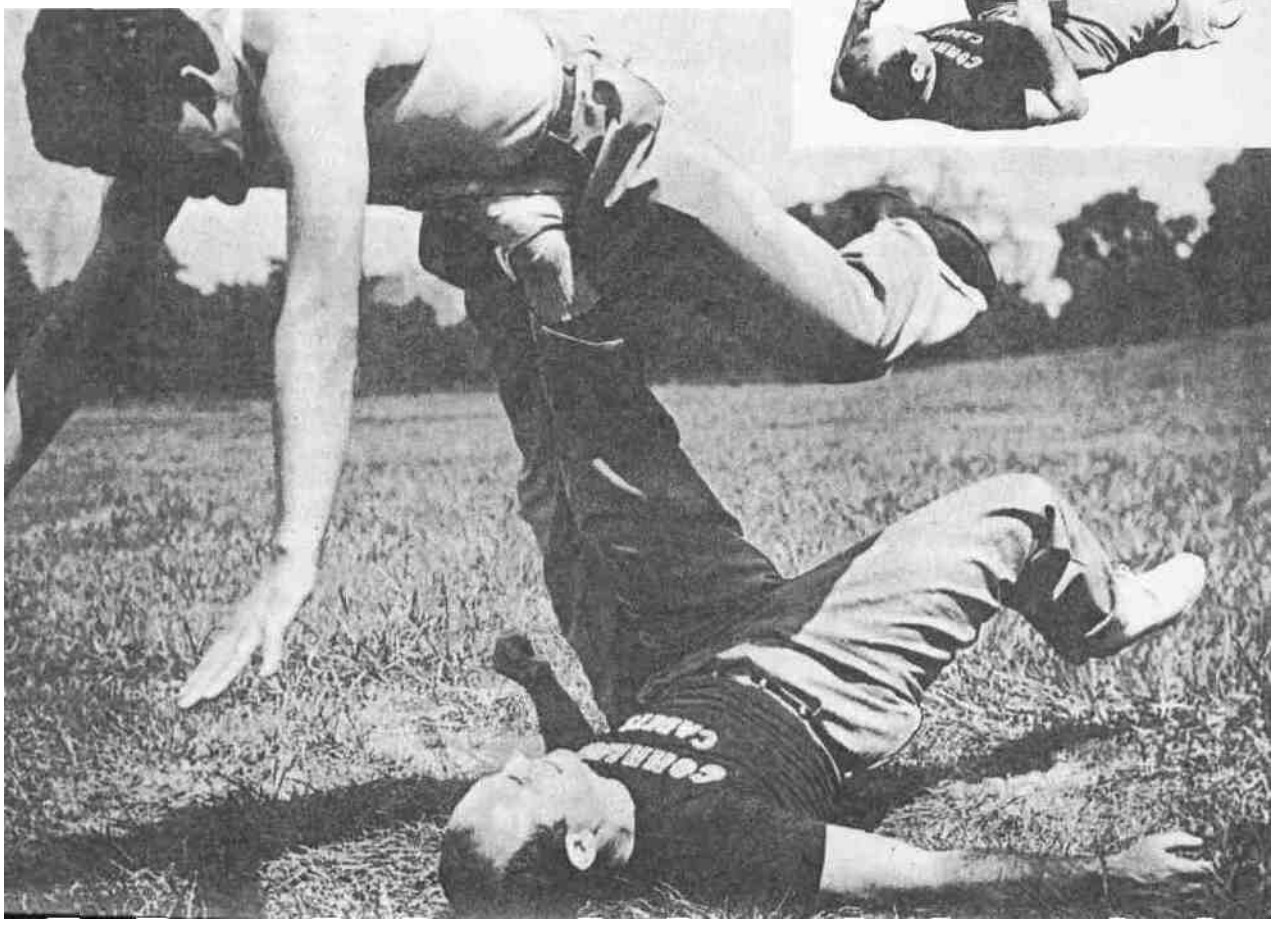
The following can be guaranteed to discourage the advances of any male. They are not, however, recommended as desirable additions to a woman's wiles, nor are they to be confused with coyness.

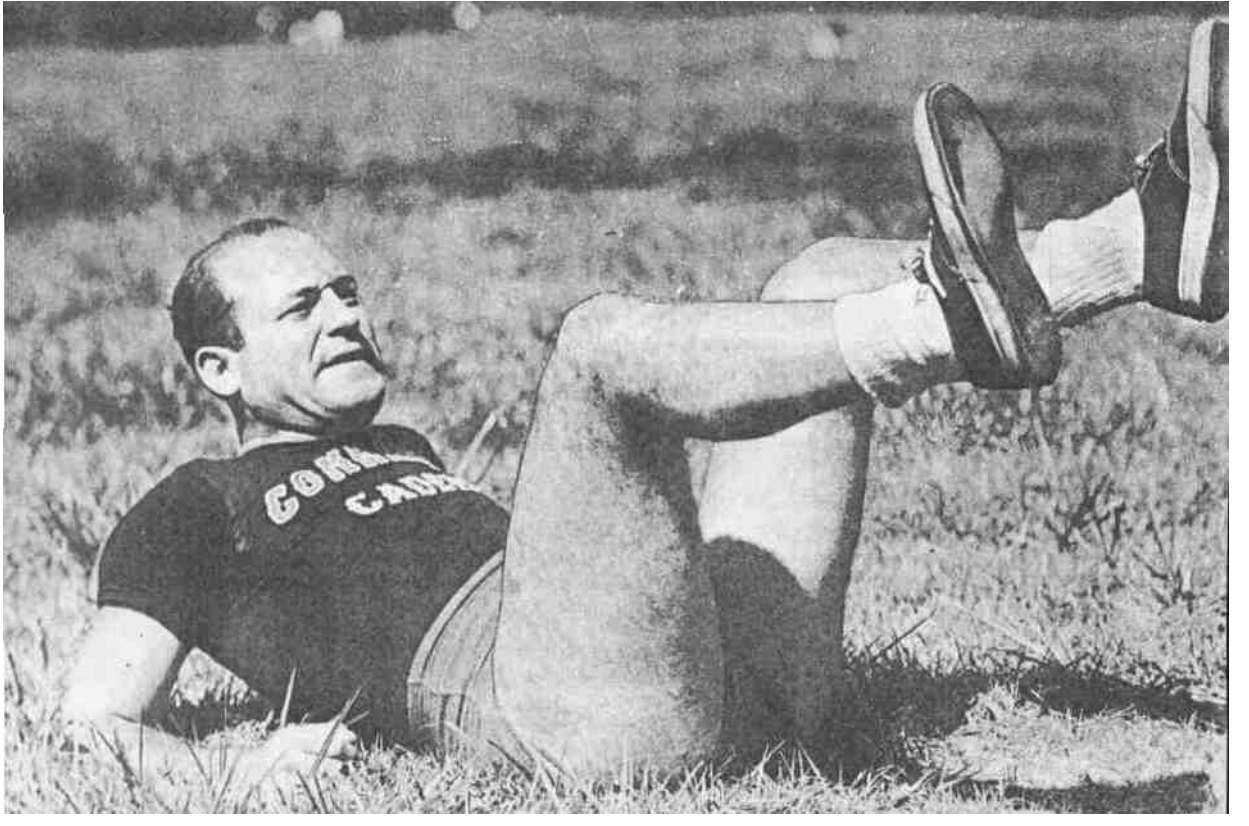
1. It is easy to break a wrist grab by pulling against your assailant's thumb toward your body; the important thing is to be braced as your wrist is released.
2. With a pendulum swing drive the blade of your hand back to his upper lip. A little practice will show how easy it is to break various wrist grabs.
3. When he grasps you use his greater strength to your advantage. As he steps forward, and while his foot is still off the ground, raise your foot and side-kick inward against his leg.
4. This is a little more strenuous but equally disconcerting. Drop to your right knee and extend your left foot forward to act as a fulcrum. At the same time pull with your right arm and push with your left. Gravity does the rest.
5. If drastic measures are needed against a forward attack you can simply sit down. But in doing so place either your right or left foot in his stomach and drop to your back. It is only necessary to retain hold of him so that he can be directed completely over your head, the victim of his own strength and momentum.

THE "FLYING DUTCHMAN"

1. As your attacker approaches, assuming you to be hurt or at least within his power, you make certain to keep him directly in front of you, pivoting if necessary to assure this.
2. As he reaches you, your foot is upraised to catch him in the pit of the stomach.
3. His momentum, assisted by your leg, carries him over your head and to the ground.

A variation of the "fall-away" and the measures which follow it may be used against a one-hand choke. Grasp the attacker's arm and sit down. As you do so pull him over your head in the same manner.





MORE SIT-DOWN DEFENSES

This position on the ground is by no means evidence of your defeat and non-resistance. It can be a position which gives you a marked advantage against your attacker, especially if he is armed with a knife or club—and you know how to use your legs.

1. This is as much an "on guard" position as the standing position previously shown. You are ready to meet your attacker from any direction by pivoting on your back with hands and elbows to keep him always in front of you. Remember, to do you bodily harm he must reach you, and his arms are not as long as your legs, which can become powerful pincers.
2. If he steps in with his left foot, hook your right instep around and above his heel, with the sole of your left foot pressed below his kneecap (a right inside hook).
3. Pull with the right foot and push with the left—down he goes. A little practice will even enable you to control the direction of his fall.

VARIATIONS OF LEG DEFENSES

1. Hook left instep outside and toes around the attacker's ankle and press sole of right foot below his knee.
2. Pull with left leg and push with right, making an irresistible lever.
3. A similar defense against advance, with right leg.
4. Hook left foot outside around his ankle, press right leg below kneecap. Push with right leg and pull with the left.
5. Kick your heel against the thigh of his advanced leg, using same leg action as in Numbers 2 and 4. Alternate position as above depending upon which leg your opponent advances.

USE OF LEGS AGAINST KNIFE

1. Back away as though retreating and appear to fall, keeping your left hand raised, to mislead attacker. You start to fall by relaxing your foot, ankle, knee, and hip in that order.
2. Await his approach from your position on the ground with forearms braced for a quick pivot.
3. As he comes within reach of your foot (the right foot in this instance), lock your left foot around his heel, while raising right leg.
4. With your body turned on your left side, kick backward with the full power of your leg against the back of your assailant's knee in a scissor-like pincer movement.

USE OF LEGS AGAINST KNIFE

5. In falling, your attacker's knife hand will not reach your body because he falls face forward to the side. Your left leg is now pushed forward forcing his leg toward his body.

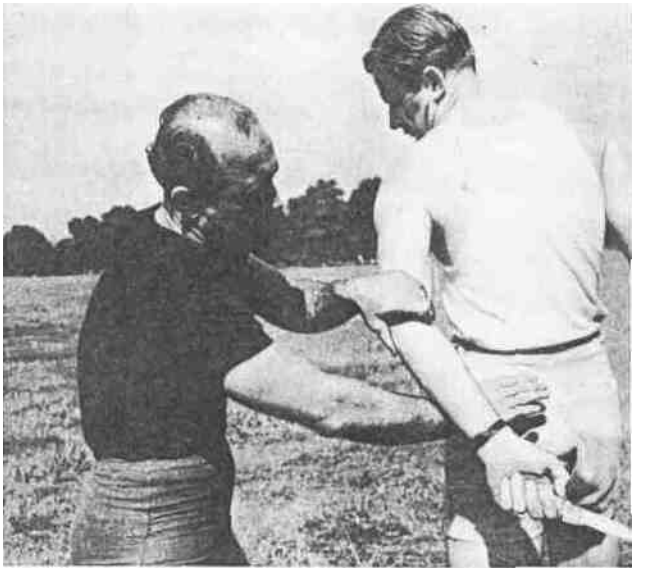
6. You exert continued pressure, and his leg is forced into a lock.

7. Having thus far controlled him without the use of your hands, they are now free to disarm him by applying a finger lever to his thumb.

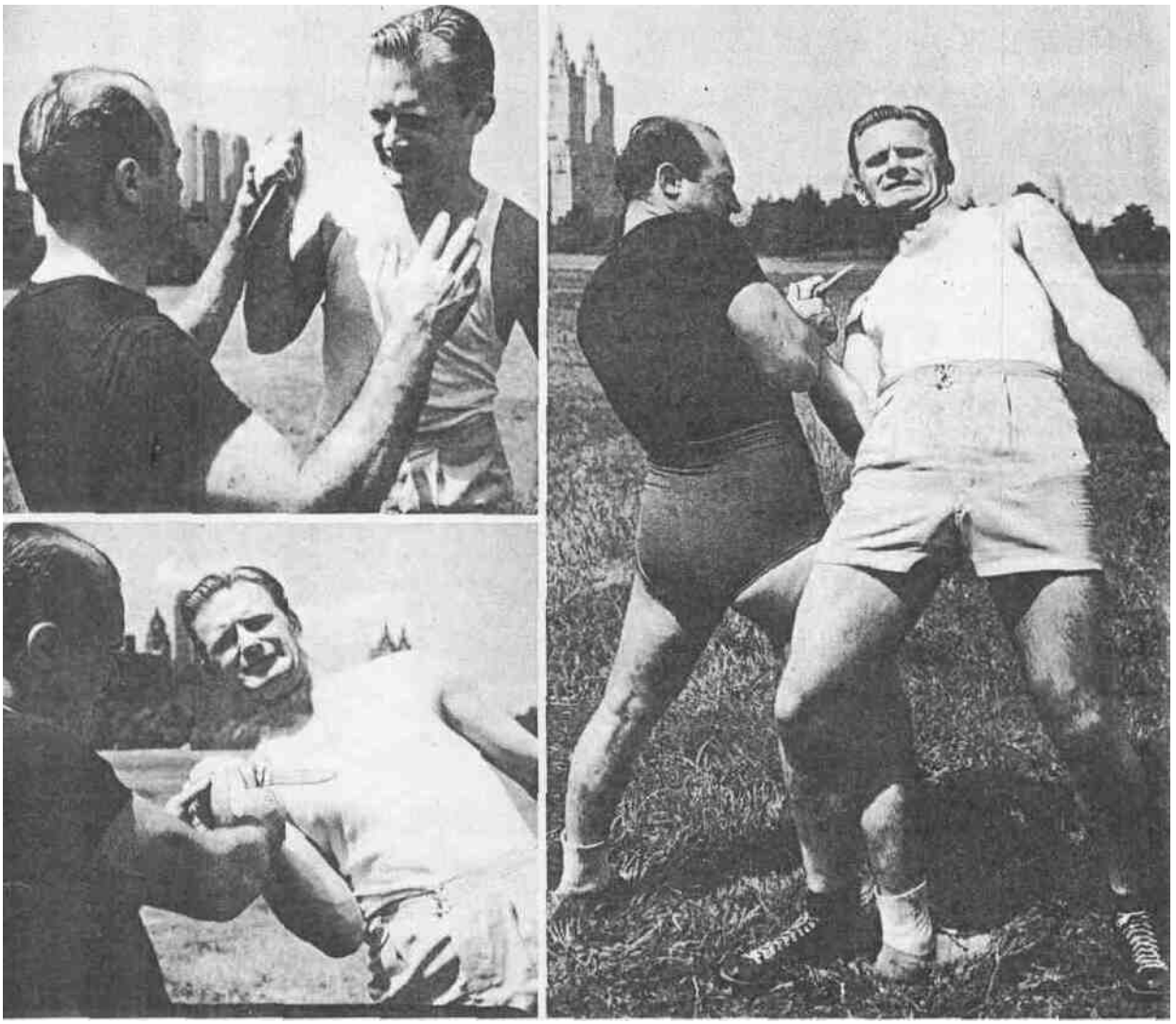
ANOTHER DEFENSE AGAINST KNIFE

1. Feint and fall, taking this position. Bear in mind that the position and use of the legs varies with the leg advanced by the attacker. This position applies when the left leg is advanced. With legs held scissor-wise, the heel of your left leg hooks around and above his knee-cap.
2. Your heel crashes against the back of his knee, forcing it to bend. Your right leg acts as a fulcrum, forcing him down to your left so that he misses you with the knife.
3. As he goes down, your right leg is raised and catches his instep, completing a firm lock. Your hands are free for any additional punishment you may find it necessary to inflict.

MEETING AN UNDERHAND KNIFE BLOW



1. From regular "on guard" stance you drive your hand-blade to the nerve center near the wrist of your attacker's knife hand, as you shift your body slightly, out of range.
2. Temporarily numbing the knife arm, here the left, your hand moves under his arm, as you reach for his elbow with your left hand.
3. Holding it above his elbow, pull his left arm forward, and press upward with your right arm, forcing his arm upward and around.
4. Slide your hand over his arm and press forward, locking it in the crook of your arm, and complete the control of his knife hand. A firm grasp on his hair with your other hand permits you to exert sufficient pressure to force him to do your bidding, or break his arm if drastic measures seem necessary.

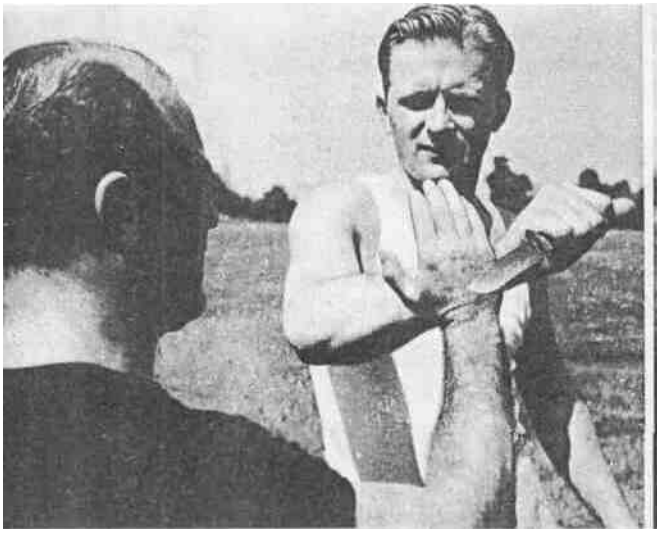


DEFENSE AGAINST COMMANDO KNIFE ATTACK

1. Parry the knife hand—here the right—with your left against the outside of your opponent's hand.
2. As his knife hand is pressed toward his body, your right hand comes up under the knife and grasps the blade side of his hand with thumb on back and fingers inside grasping his palm. A strong pull with your left hand and push with the right will bring him to his knees.
3. To send him to the ground with force, step behind his right leg with your right and exert a little additional pressure on his hand—down he goes.

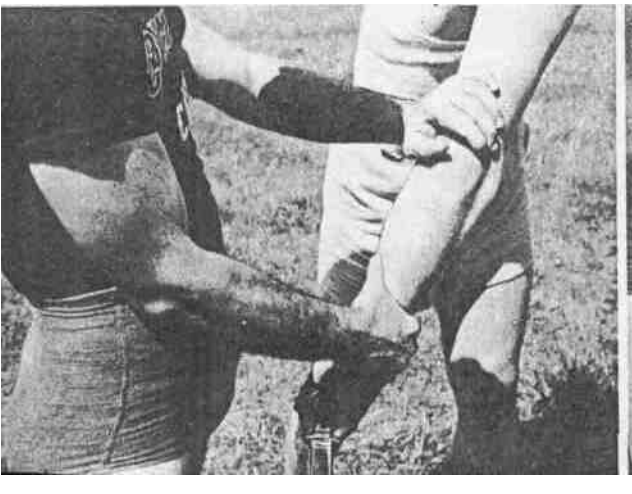
ALTERNATIVE DEFENSE AGAINST COMMANDO KNIFE ATTACK

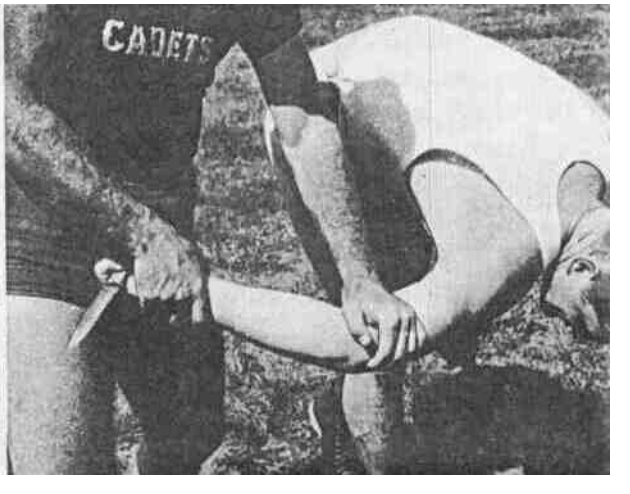
1. From the same "on guard" stance used against a boxer, you parry by grasping your attacker's wrist with your left hand.
2. As you step **forward, drive your right elbow into** his solar **plexus.**
3. With no break in your action, carry your right hand under and behind his raised arm.
4. Grasp his wrist from behind and pull down with both hands, being careful, in practice, not to break his **arm.**
5. Your left hand is now free to disarm him.



DEFENSE AGAINST RIGHT BACK-HANDED KNIFE THRUST

1. Your attacker has telegraphed the nature of the blow to follow by the position of his arm and the way he holds the knife. You meet this with a hand blow to his wrist.
2. This is followed by grasping his wrist and pressing your cupped left hand to his elbow, forcing it upward and away.
3. Continuing the action and pressure by pushing with your left hand and pulling with the right, you force his hand down.
4. In this position you have the choice of forcing his arm up his back or of exerting greater pressure and throwing him to the ground.



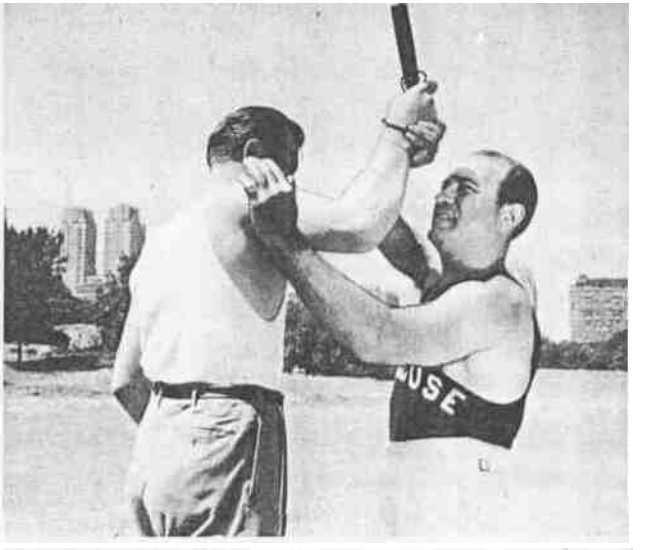


REAR PULL-DOWN AGAINST CLUB, KNIFE, OR GUN

1. Grasp wrist holding weapon with your tight hand, at the same time pressing your left foot hard against the bend of your assailant's right knee. Swing the blade of your left hand with force to his neck below the ear; striking mastoid.
2. As he falls, pull his arm across your right hip to form a lever. This will bring the would-be assailant under complete control. And you may slip your left arm around his neck as you continue pressure on his right arm.
3. Or—with both hands gripping his shoulders directly from behind, place your right foot back of his knee. Simultaneously pull with your hands and push with your foot, and he will go down.
4. To retain control of an attacker who has been forced to the ground, place your bent knee behind his thigh and force his foot back with one hand. A firm grip on his hair and a steady pull with the other hand will keep him where he is.

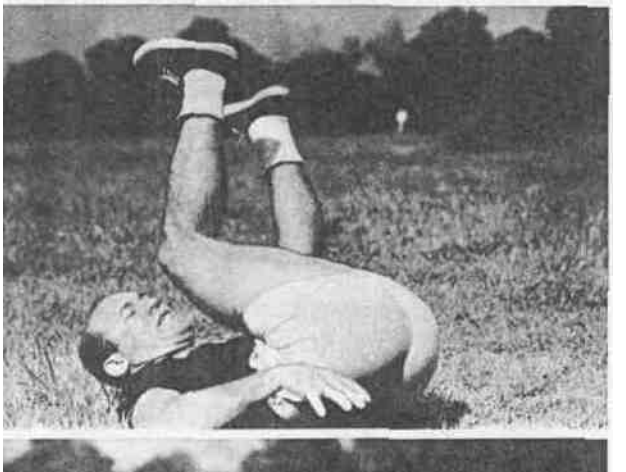
ALTERNATIVE DEFENSE AGAINST CLUB

1. From the regular "on guard" stance you parry, then block, by grabbing the club hand or wrist firmly with the left hand.
2. As you step forward on your right foot you reach under the attacker's upraised arm and clasp the trapped wrist with your right hand from behind.
3. Now pull downward with your right hand and back with your left. Be careful in practicing this not to exert any real pressure, or you might break the arm.
4. Or—from the "on guard" stance, with left foot advanced, you can parry a downward overhand blow with your left hand, causing the blow to miss your head. Use the same counter as is shown on page 84 for defense against a knife—a two-finger twist.



ANOTHER DEFENSE AGAINST CLUB

1. If caught with right foot advanced, use your right hand-blade to block the path of the blow to your head, taking care that the club head does not swing forward and hit you as you suddenly block its force. There is greater danger from a long club, as momentum will carry its end forward.
2. Reach your left arm under and over the upraised arm as you step closer on your left foot.
3. Push your assailant's arm back with your right as you close in, pushing your left hand up through the triangle formed by his bent arm and your right arm. Grasp your own right wrist, forming a lever lock, and exert pressure.
4. By using a right cross trip your attacker is easily toppled over, completely under control.



THE ROLL-AWAY

This fall should first be practiced from a kneeling position on the ground, later from a standing position.

1. The flat of your open palm touches the ground first to check the forward movement of your body. As you go forward your weight shifts—

2. —to your elbow; relax each member as it touches the ground. Keep your head to one side with chin close to chest.

3. The remaining force of the fall is cushioned by the upper arm and shoulder. You may now roll to your back in the usual "on guard" position or—

4. —regain a standing position by continuing to push with your arms and rolling completely over to a sitting position.

5. From here you push with hand and leg to get onto your feet. This requires a continuous, smooth flow of action, with your own momentum doing most of the work.

Successive relaxation—at the right moment—is the secret of this performance. You will never be hurt if you fall properly.

STARTING THEM YOUNG

One answer to the future: **the child** who has confidence in himself, who feels adequate to cope with the small problems of his world, will grow up to be a useful citizen of tomorrow, unafraid of the larger problems of that day. Early participation in group sports is recognized by all authorities as one of the best ways to prepare the child to deal with people. Taught the Mendell methods of body consciousness and body control, all cliildren, the small and weak as well as the husky and strong, take part in these sports on an equal basis.

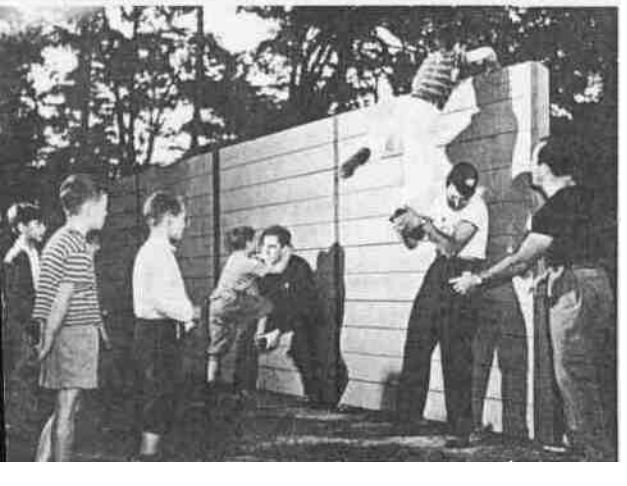
No inferiority complexes will result from the baseball game here just about to begin.

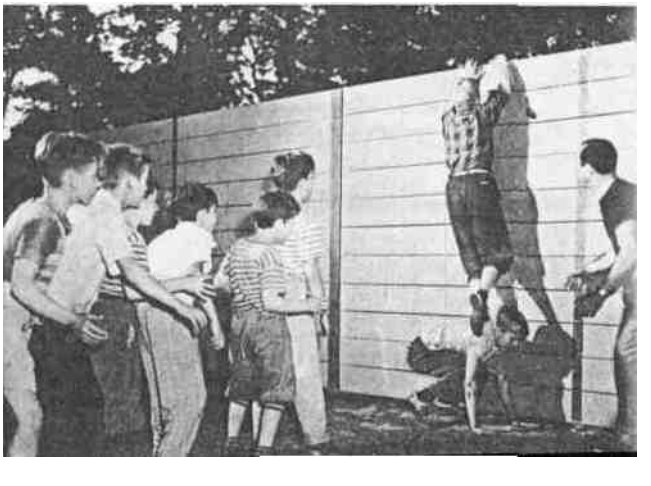
JUNIOR COMMANDOS

The Commando and Ranger have replaced the cowboy and Indian as heroes of today's youth. Here a group of grammar-school Boys' Club members are shown negotiating an obstacle course just like the Army's—only built to scale!

This is the "New American Way"—older boys teach the youngsters, then the younger ones learn to manage all by themselves. Boys find that it is more fun to teach little brother than it is to bully him. This is the new basic training for Boy Scouts and other young club members throughout the country.

Sportsmanship will always be their guide in **the** proper use of their newly acquired knowledge.





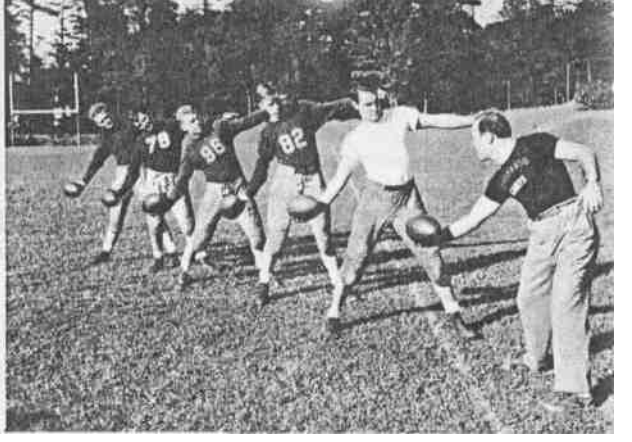
NO SPECTATOR SPORTS THESE

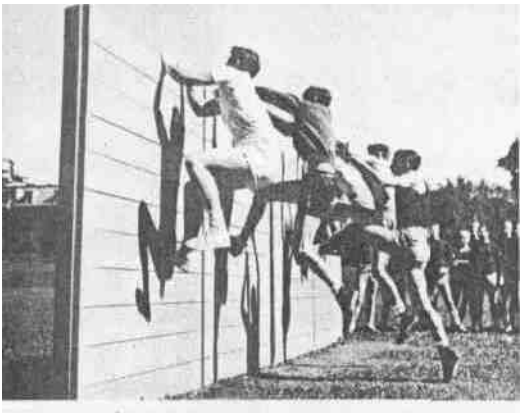
Boys trained like these will never want "just to watch." They know they can participate in any sport with the best of them. This knowledge gives them all-important self-confidence on the athletic field, and something more—a confidence in their ability to meet life situations effectively.

Since the Mendell system is based on the principle of each making the best possible use of all his powers, both physical and mental, it does not stop with mere muscle-training. In addition the child learns something more important—that sports and exercise are not ends-in-themselves, but means toward the higher goal of emotional stability and mental health. That is why the bully becomes a teacher, one who helps rather than one who teases the weakling. The realization that he has something to give assumes more importance in his mind than the idea that he is superior in strength to the children of his neighborhood. Then, too, the weaker child, Mendell-trained, refuses to be hounded—he can command respect, even from the former bully.

Make the learning of the system an avocation. Success here will carry over into other endeavors and make **for** better adaptation in everyday life.

Children learn to avoid the pitfalls of delinquency by having their activities channelized. In erasing prejudices usually picked up from early associations they learn to be helpful and also to like each other for reasons founded in truly basic values.





GRADED TRAINING

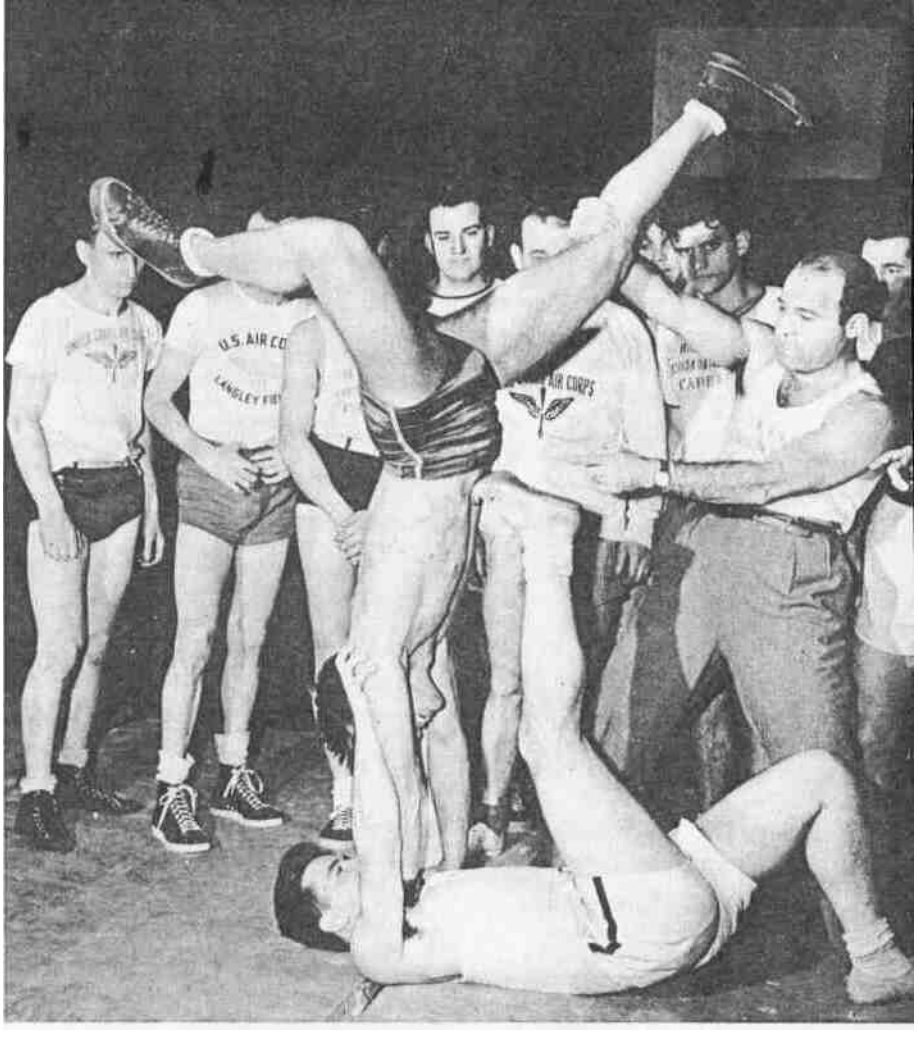
Each group is educated to these principles according to its level of skill and strength. Here college students are shown watching a demonstration of a throw, and going through various Ranger-Commando routines primarily designed for pre-induction **training. Those** footballs have become grenades!

Many schools and colleges have instituted this type of training as a required subject for all men. Below, fraternity boys find that it only takes a little space in the middle of the living room, and a lot of enthusiasm, to master the throw demonstrated above. Perhaps they do not realize that in this type of practice they are making the knowledge a part of themselves—a weapon that cannot be taken away from them. They will have a mind-trained reflex reaction to the attack this throw overcomes, and it may sometimes save one's life.

Through healthful recreation and body contact sports participation our youth obtain a mental and physical fitness which helps them to meet any emergency.

TEACHING THE TEACHERS

Here a group of Army officers, from camps all over the United States, learn "defense in action" and offense in hand-to-hand combat. They have been passing the knowledge along to their enlisted men. It took exactly two weeks to train the teachers—and soon thousands of soldiers under them learned how to combat effectively the jujitsu and Judo which it has taken the Japanese soldiers a lifetime to learn. Two weeks'—or twenty weeks'—training in Judo would not make an average American the equal of a Japanese in the art that the latter has learned from childhood. This simple new system will, in a few weeks' time, with proper instruction, make any soldier the superior of the average Japanese soldier.



1. Here the smaller officer has the larger and stronger one at his mercy because he is using a basic principle of body dynamics. By applying his foot to the navel (the center of gravity) he throws the attacker over his shoulder.

What would these officers do if they lost their guns?

They would use their hands—a many-sided weapon—"which are always ready for use in defense or attack.

BARE HANDS AGAINST GUNS

Even the gun is not an adequate defense against your bare hands, if you know how and when to use them. The picture above shows an officer being disarmed by an unarmed man, while other officers look on. The Armed Forces extensions of these principles have been omitted from this volume because there is no present necessity for civilians to know them. Below, high-school students and soldiers watch a demonstration of defense against strangles. Basically the same for all ages, this training can be adapted to any age-group, under any conditions. War, sports, rehabilitation of the disabled—variations of the system will work for all.